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*Official*  
**Basket Ball Guide**  
*for Women*



Containing the  
Revised  
Official Rules for

**1919-20**

as Adopted by the  
American Physical  
Education Association

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## Questionnaire Blank

The questionnaire is inserted in each copy of the Basket Ball Guide for Women with the request that everyone playing the game will fill out these blanks and return them to the Committee. In this way everyone has an opportunity to send in his or her suggestions as to changes in the rules, and the Committee is kept posted on the progress of basket ball all over the country and whether or not the rules are meeting the needs of different sections.

It is urgently requested, therefore, that everyone, after trying out the rules thoroughly during the winter, fill out the blanks and return them before April 1. Those received after this date cannot be used.

1. Have you found the changes in the last edition of the Official Rules satisfactory? .....

2. If not satisfactory, what suggestions would you make?.....

[illegible]

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Organization .....

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Please return blanks to Miss Leslie Sawtelle, 105 South Huntington Avenue, Boston School of Physical Education, Boston, Mass.

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For Women

CONTAINING THE  
REVISED RULES  
1919-20

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1919/20

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## Introduction

The Committee on Women's Basket Ball is one of the sub-committees on women's athletics appointed by the American Physical Education Association. It is composed of representative women and men from every section of the country, selected for their interest in basket ball not merely for the game's sake, but because of its value in building physique, morale and the fundamental ideals of citizenship.

During the past year the Committee has made every effort to learn the wishes of coaches and players. Through the work of its Extension and Questionnaire Committees and from general and specific discussion of the 1918-1919 rules at an open meeting on basket ball called during the National Physical Education Convention in Chicago, comments, criticisms and suggestions have been solicited, received and carefully acted upon.

The Editorial Committee scored a decided success last year in changing the wording and arrangement of the WOMEN'S GUIDE to conform, in so far as was possible, to the Men's Guide. This was done without, in any slightest sense, making the game for women more like the game as played by men, but it made possible a more direct comparison of the two games, which has resulted in a very apparent increase of favorable comment for the women's rules.

The women's game is steadily gaining in favor and we take great pleasure and pride in dedicating each new GUIDE to an ever-increasing number of satisfied and appreciative players.\*

To those players who are really interested in helping to bring the rules to a state of stable perfection, we call attention to the Questionnaire Blank in the GUIDE and urge its use.

The Extension Committee endeavors to secure unity of interpretation and action in the larger cities by calling local public meetings of all persons—players and coaches—interested in the game. Those coaches and players who are not reached by such extension meetings should send all questions regarding interpretation of rules to Mr. George T. Hepbron, 45 Rose Street, New York City. A self-addressed stamped envelope always should be enclosed. If several questions are asked, one question only should be put in each paragraph, and particular attention should be paid to noting rule and section numbers. Where a reply is desired on the same sheet with the inquiry, such inquiry sheets should be sent in duplicate. The Committee requires that all inquiries be kept on file with a carbon copy of the answer and submitted for discussion at general meetings of the Rules Committee.

HELEN MCKINSTRY,

Chairman Basket Ball Committee.

## Editorial Comment

BY MISS FLORENCE D. ALDEN, CHAIRMAN EDITORIAL COMMITTEE.

Our first comment is a word of thanks for the many enthusiastic expressions of approval of the rule book of 1918-19. The changes last year both in form and in some of the rules were so radical that we felt sure comment of some sort would be aroused. We are delighted to find that it is enthusiastic.

The Questionnaire Committee was disappointed not to receive more filled-out blanks. Does silence give consent in your case? If so, that is most gratifying; but may we ask you this year to let us know through the Questionnaire just how the rules are working out in your locality, as it is by that method we are able to improve them from year to year?

The Questionnaires that were returned gave some very valuable suggestions. The few changes that have been made are based upon these suggestions, letters from others and the opinions expressed at the meeting in Chicago during the National Convention of the American Physical Education Association and the one in Boston at the New England Section Convention. The meeting in Chicago was thrown open to all who were interested and was very largely and enthusiastically attended. The "12-inch over all" rule was the most radical change last year that was brought up. After a free and frank discussion of its advantages and disadvantages, a vote was taken as to whether or not to retain it. The vote was almost unanimously in favor of keeping it as it stands.

You will note that in regard to a player out of bounds (Rule 7, Sec. 2, and Rule 7, Sec. 8, Note) a return to the old ruling of several years ago has been made. It seemed that the ruling of 1918-19 was too stringent and slowed up the game unnecessarily.

Some slight changes have been made in the overguarding rules (Rule 15, Sec. 7 and Sec. 10). Last year, overguarding a player throwing for the basket was considered as a personal foul. According to the definition of a personal foul, this could not be rated as such unless it involved personal contact. Therefore, "overguarding at the basket" has been entered as a technical foul, but still charged with two free trials as a penalty. As it stands now, then, there are two offenses for which the penalty is two free trials: A. To "overguard an opponent who is in the act of throwing for the basket" (Rule 15, Sec. 10, Technical Foul), and B. To "push or hold an opponent who is in the act of throwing for the basket" (Rule 15, Sec. 13, Personal Foul). On the other hand, note that overguarding an opponent *not* throwing for the basket has one free trial as its penalty.

The open meeting in Chicago brought forth the suggestion that with Rule 14, Sec. 1 and Sec. 10, as it stood last year, the forward often intentionally failed to make the foul throw, then intentionally crossed the foul line too soon in order to regain the ball and thus make a 2-point field throw. Hence the change was made to have the ball go back to the center if the goal is missed.

The rule for the dribble and juggle has perhaps called forth more letters than any other rule. The question very frequently took the form of asking



the difference between a juggle and a bounce. The definition of a bounce has been added in hopes of clearing this up.

Other slight changes will be found in

Rule 5, Sec. 2. Captain must be playing in order to act as Captain.

Rule 6, Sec. 4, re-wording.

Rule 7, Sec. 1, Note.

Rule 7, Sec. 6. *h*

Rule 7, Sec. 9, Note.

Rule 8, Sec. 2. Question of time limit before team which has not completed its number must lose by default.

Rule 9, Sec. 4, re-wording.

If there is any rule—old or new—which you have found after careful trying does not “work,” you would help the Basket Ball Committee very much in its task if you would discuss it with them either through the Questionnaire or more fully by letter.

---

### DISHONEST OFFICIALS.

We get many letters asking what is to be done with unfair officials. We admit we feel helpless before this question. We have no doubt that many officials are unfair through ignorance of the rules. It is absolutely essential that in all cases of controversy they should be able to explain correctly the rule that bears upon the case. They should feel it just as necessary to be acquainted with all the articles, for if they read them with care they cannot help recognizing the spirit of clean basket ball. Most misunderstandings of the rules would be swept away if the right spirit of the game was kept uppermost in the minds of officials and players. If players are coached to get around the rules, countless difficulties will arise. If they are coached to play an open, efficient, clean game, the rules, in most cases, are self-explanatory.

Another suggestion which we believe would do away with a great deal of misunderstanding and unpleasantness is to have the officials and coaches get together *before* the game for a few minutes. They could then discuss any rule that may not be interpreted precisely in the same way by both teams.

If officials are essentially dishonest, the only thing to do is not to play again where they officiate. Don't kick. Don't have endless controversies, which never do any good and only engender a bitter spirit. Play the game through and insist on fairer officials another time.

---

### A GOOD SUGGESTION.

We are indebted to Miss Elizabeth Richards of Smith College for the photographs of plays. A teacher of basket ball has suggested pasting all the photographs on one large sheet of cardboard to be put on the wall for all players to study. She says it helps her girls, more than anything else, to understand the game.

SIDE LINE

END LINE

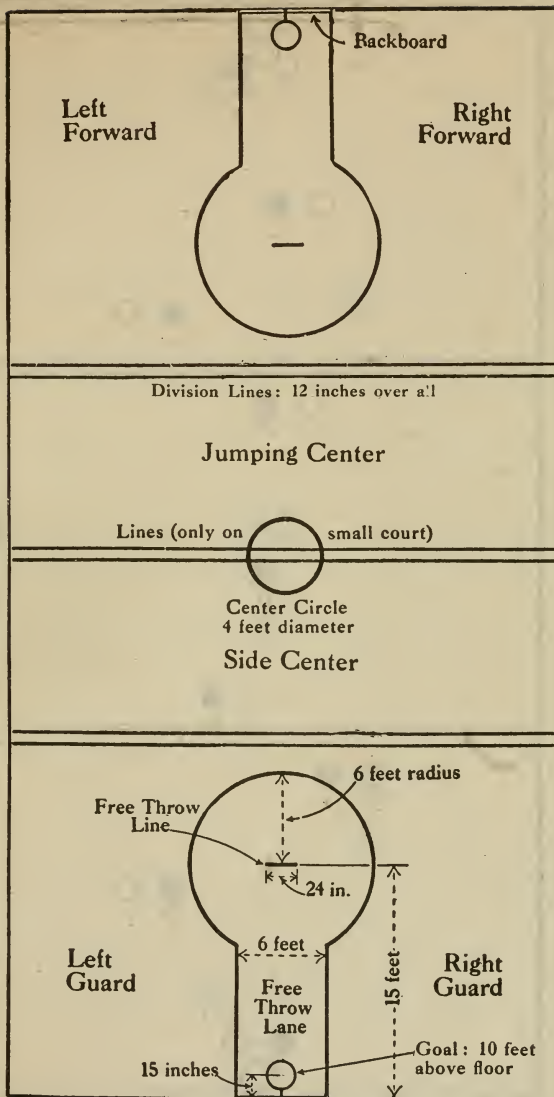


DIAGRAM OF BASKET-BALL FIELD, SHOWING PERMANENT LINES.  
 Minimum court, 20ft. by 50ft., use two divisions; regulation size court, 35ft. by 70ft., use three divisions; maximum court, 50ft. by 90ft., use three divisions.

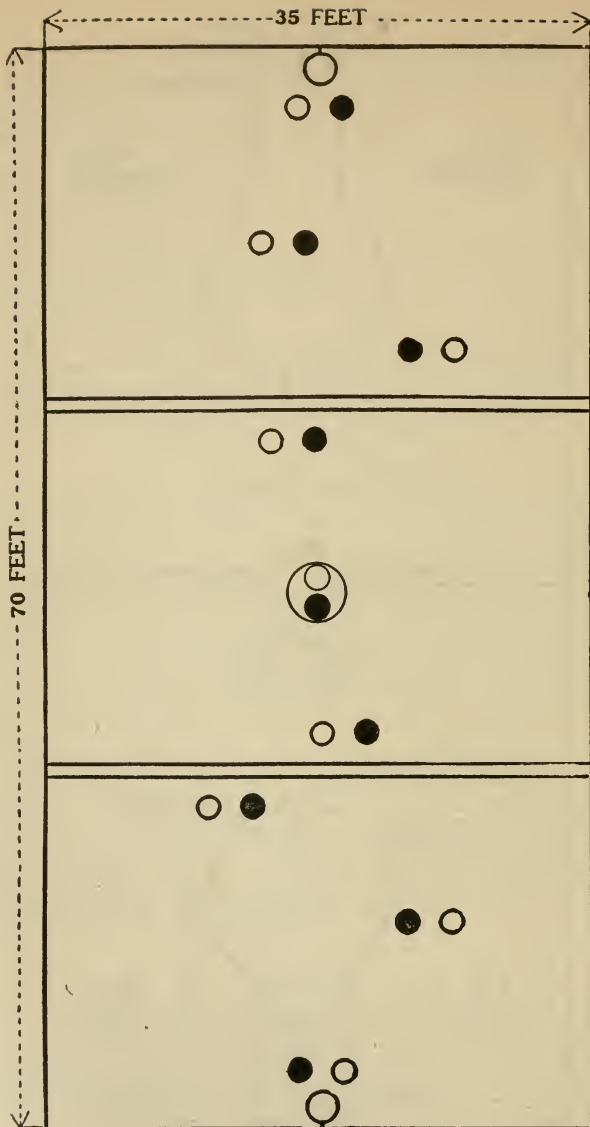


DIAGRAM OF FIELD WITH TWO DIVISION LINES, SHOWING  
POSSIBLE POSITIONS OF NINE ON TEAM.

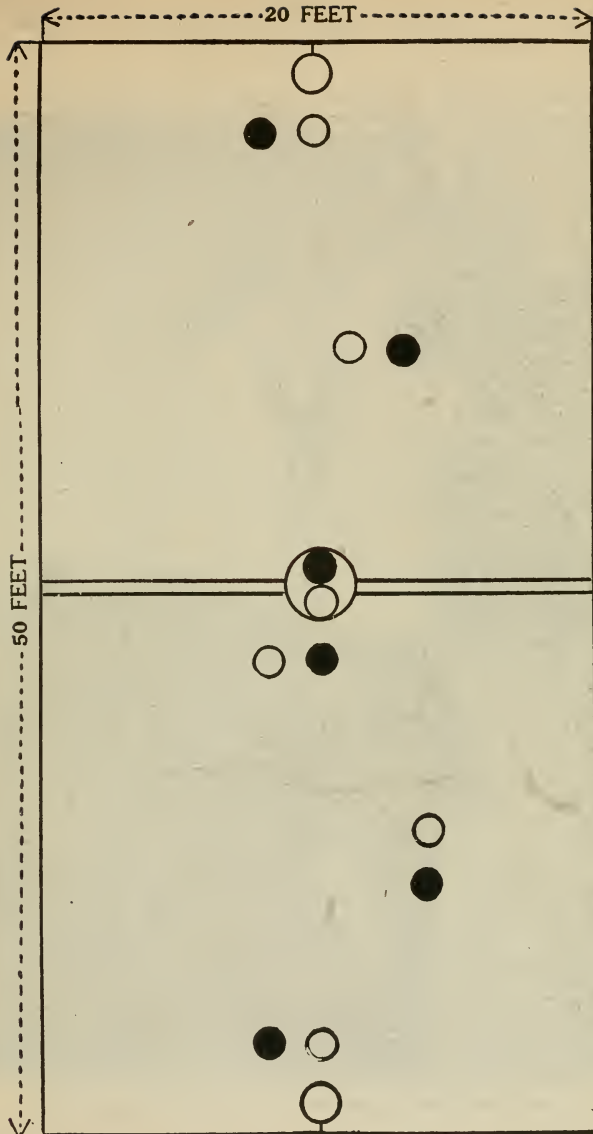


DIAGRAM OF FIELD WITH ONE FIELD LINE, SHOWING  
POSSIBLE POSITIONS OF SIX ON TEAM.



PLATE I—WRONG GUARDING; NOT IN VERTICAL PLANE.



## Women's Official Basket Ball Rules

Adopted June, 1899, at Springfield, Mass.; Revised by Executive Committee of the Basket Ball Rules Committee, October 23, 24, 1905, at New York City. Revised September, 1908; Revised September 1910; Revised September, 1911; Revised September, 1912; Revised September, 1913; Revised September, 1914; Revised March, 1916; Revised Sept., 1917; Revised May, 1918; Revised May, 1919.

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### THE GAME.

The Game of Basket Ball for Women is played by two teams of five, six or nine players each. The size of the floor used for playing determines whether the smaller or larger number of players is used. The ball is passed from one player to another, the purpose of each team being to get the ball into its own basket, and, at the same time, to prevent the other team from securing possession of the ball or scoring. A goal made from the field counts two points; a goal made from a free trial counts one point.

### EQUIPMENT.

#### RULE 1.

SECTION 1. The *Playing Court* shall be a rectangular surface, free from obstructions. The maximum dimensions shall be 90 feet in length by 50 feet in width; the minimum, 50 feet in length by 20 feet in width. The regulation size shall be 70 feet in length by 35 feet in width. Court.

*NOTE*—By mutual agreement of the captains, Section 1 and the distance of the boundaries from obstructions named in Sec. 2, may be changed.

SEC. 2. The court shall be marked by well defined lines, which shall be not less than 2 inches in width, and which shall be at every point at least 3 feet from any fixed obstruction. The lines on the short sides of the court shall be termed the *End Lines*; those on the long sides, the *Side Lines*. Boundary Lines



PLATE II—CORRECT GUARDING.

SEC. 3. The *Center Circle* shall have a radius of 2 feet, and it shall be marked in the center of the court. (See diagram on page 7.)

**RULE 1.**  
Center Circle.

SEC. 4. The *Field* shall be divided into three equal parts by field lines, parallel to the end lines.

Division Lines.

SEC. 5. The *Field Lines* shall be 12 inches wide. Each may consist of two parallel lines forming a neutral space 12 inches wide over all. (See Editorial Comment, page 5.)

Width of  
Field Lines.

SEC. 6. When, however, the length of playing floor is 50 feet or less, the field shall be divided into two equal parts by one field line, parallel to the end boundary lines, provided the total playing space does not exceed 1,600 square feet.

Small Playing  
Floor.

SEC. 7. The *Free Throw Lines* shall be marks, 24 inches in length and 1 inch in width, the middle points of which shall be on the straight line connecting the middle points of the end lines. They shall be marked in the court parallel to and at a distance of 15 feet from the inner edges of the end lines.

Free Throw Lines.

SEC. 8. The *Free Throw Lanes* shall be spaces marked in the court by lines perpendicular to the end lines at a distance of 3 feet on either side from the middle points of the end lines. These perpendicular lines shall be terminated and the lines further marked by arcs of circles having a 6-foot radius with centers at the middle points of the free throw lines. (See diagram on page 7.)

Free Throw Lanes.

## RULE 2.

SECTION 1. *Backboards* must be provided, the dimensions of which shall be 6 feet horizontally and 4 feet vertically. The backboards shall be of plate glass or wood or of any other material which is permanently flat and rigid.

Backboards.



PLATE III—GUARDING AROUND; WRONG HORIZONTAL GUARDING.

SEC. 2. The backboards shall be located in a position at each end at right angles to the floor. Their centers shall lie in the perpendiculars erected at the middle point of the end lines.

**RULE 2.**

Position of  
Backboards.

SEC. 3. The backboards shall be protected from spectators to a distance of at least 3 feet.

Spectators  
3 feet from  
Backboards.

### RULE 3.

SECTION 1. The *Baskets* shall be nets of cord or other material, suspended from metal rings 18 inches in inside diameters. The nets shall be so constructed or tied as to check the ball momentarily as it passes through the basket.

Baskets.

SEC. 2. The *Rings* shall be rigidly attached to the backboards at a point 1 foot from the bottom and 3 feet from either side, supported by a horizontal arm which if extended would pass through the center of the rings. The rings shall be placed in such a position that they shall lie in a horizontal plane 10 feet above the floor and so that the nearest point of the inside edge shall be 6 inches from the playing surface of the backboard.

Position of  
Rings for  
Basket.

### RULE 4.

SECTION 1. The *Ball* shall be round; it shall be made of a rubber bladder covered with a leather case; it shall be not less than 30 nor more than 32 inches in circumference, and it shall weigh not less than 20 nor more than 23 ounces.

Ball—Material,  
Size and Weight.

SEC. 2. The *Home Team* shall provide a new ball, or two good used balls, satisfactory to the **Referee**. If used balls are provided, the visiting team shall choose the one with which the game shall be played, and they shall have it as their practice ball. If a new ball is provided, neither team shall use it in practice.

Choice of Ball.





PLATE IV—CORRECT HORIZONTAL GUARDING.

## RULE 5.

## PLAYERS AND SUBSTITUTES.

SECTION 1. Teams shall number not less than five nor more than nine players, one of whom shall be captain. Teams.

SEC. 2. The captain shall be the representative of the team and shall direct and control its play. The captain shall, before the game starts, furnish **Scorers** with names and positions of players and substitutes. The captain only may address any official on matters of interpretation or to obtain essential information when necessary, if it is done in a courteous manner. Captain—Duties and Powers.

If for any reason the captain does not play, the captain shall appoint a substitute to act during the time the regular captain is not playing.

SEC. 3. Those playing the position of forward, of guard, or of center, must stay in their respective sections except during "time out," or between halves. Positions in Divisions.

When, however, the field is divided into two sections, the centers *only* may run from one part of the field into the other. Centers in neither the one-division nor the two-division field may throw for basket. Centers May Not Throw for Basket.

*NOTE—If one-division line is used, centers should wear conspicuous emblems to mark them from the other players.*

SEC. 4. A substitute before going upon the court shall report to the **Scorer**, giving name and position. A substitute shall not enter the court until play has been suspended and shall not participate in the game until officially recognized by the **Referee**. A player who has once left the game shall not re-enter it. As soon as the ball is dead, for any reason, or whenever play can be suspended without disadvantage, the **Referee** shall allow the substitute to enter the game. Substitutes—When and How Put In.



PLATE V—WRONG PLAYING AT TOSS UP.

SEC. 5. A player may not leave the playing court without permission of the Referee or the Umpire until time is called at the end of the half.

**RULE 5.**

Players  
Leaving Court.

## RULE 6.

### OFFICIALS AND DUTIES OF OFFICIALS.

SECTION 1. The officials shall be a Referee, an Umpire, two Timekeepers, two Scorers, and two Linesmen.

Officials.

*NOTE—It cannot be too strongly emphasized that the Referee and Umpire of a given game should not be connected in any way with either of the organizations represented, and that they should be thoroughly competent and impartial. The Referee and Umpire should wear uniforms distinct from those of either team. The officials have no authority to agree to changes in the rules, except those mentioned in Rule 1, Section 1 Note, and Rule 8, Sec. 1.*

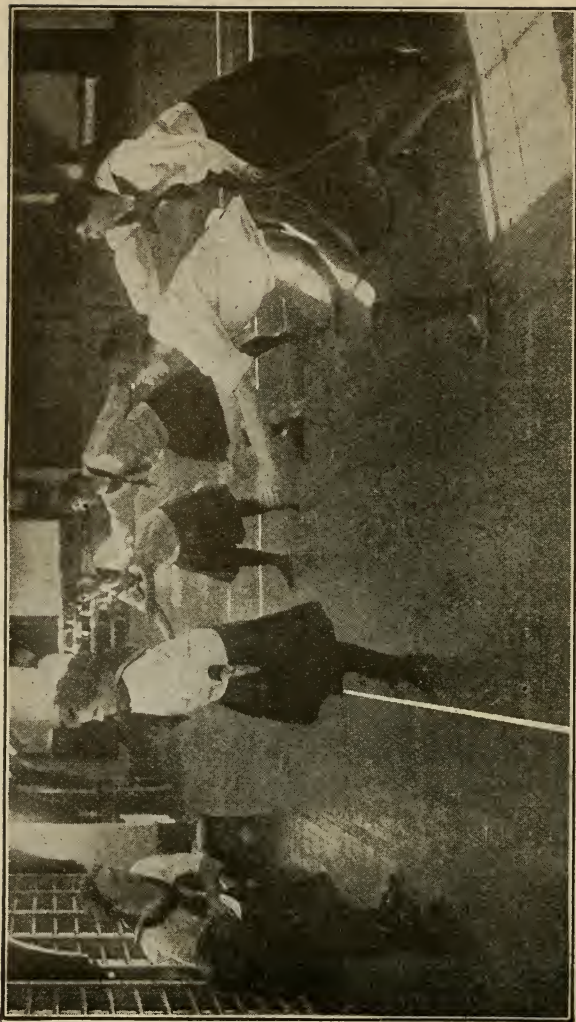
SEC. 2. The Visiting Team shall choose the Referee, but shall notify the home team before the day of the game. Failure to send such notification shall forfeit the team's right to choose the Referee.

Choice of  
Referees.

SEC. 3. The Referee shall:

Duties of  
Referees.

1. Put the ball in play.
2. Decide
  - a.* when the ball is in play;
  - b.* when the ball is dead;
  - c.* when the ball is held in tie;
  - d.* to whom the ball belongs;
  - e.* when a goal has been made.
3. Call fouls and administer all penalties.
4. Recognize substitutes.



**PLATE VI—THROWING IN FROM OUT OF BOUNDS.**  
The Player Throwing the Ball in May Throw to Either Forward.



5. Call "time out" when necessary.
6. Decide who had ball before "time out" was called.
7. Announce each goal as made, indicating with raised fingers the point value of the goal.
8. Publicly announce the score at the end of each half.

**RULE 6.**

The final announcement of the score terminates the **Referee's** official connection with the game.

SEC. 4. The **Referee** shall notify any player who has made four personal fouls or five technical fouls or a disqualifying foul, that the player has thus become automatically disqualified.

Player  
Removed.

SEC. 5. The **Referee** shall have power to call fouls for unsportsmanlike conduct, or to make decisions on any points not specifically covered in the rules.

Referee Decides  
Points Not  
Covered in Rules.

SEC. 6. Neither the **Referee** nor the **Umpire** shall have authority to set aside or question decisions made by the other within the limits of their respective duties, as outlined in these rules.

Not to Question  
Each Other's  
Decisions.

If the **Referee** and the **Umpire** make approximately simultaneous decisions on the same play, and the decisions involve different penalties, the one drawing attention to the graver of the two shall take precedence.

SEC. 7. The **Referee** and the **Umpire** shall have power to make decisions for violations of rules committed either within or outside the boundary lines; also at any moment from the beginning of play to the call of time at the end of the game. This includes the periods when the game may be momentarily stopped for any reason. Fouls may be called on any number of players at the same time.

Time and Place  
for Designations.

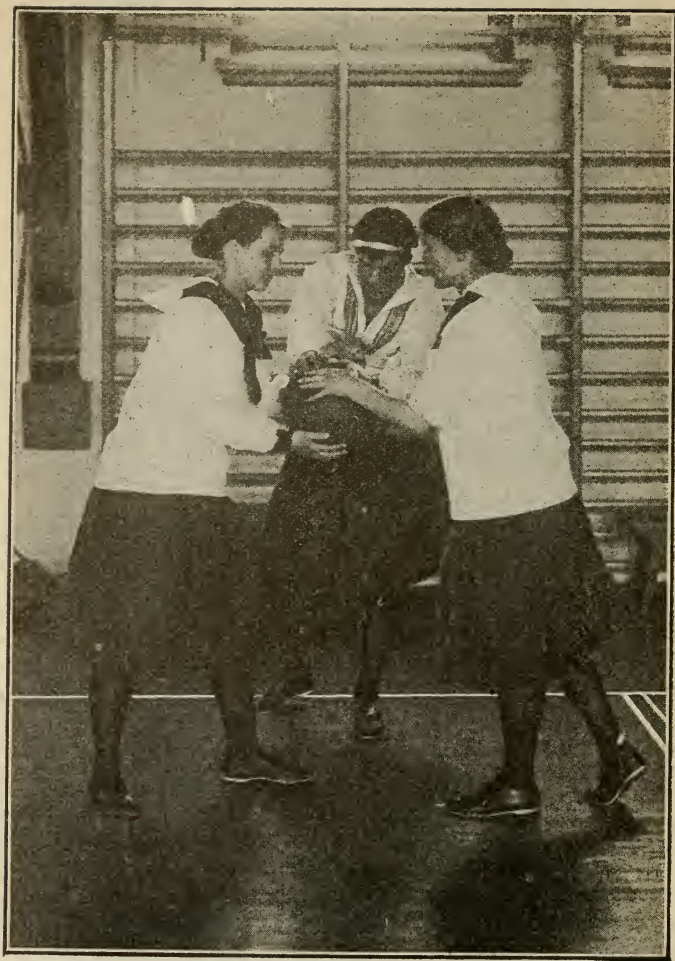


PLATE VII—THREE HOLDING BALL, TWO ON SAME TEAM.  
(WRONG PLAY.)

SEC. 8. The official calling the foul shall designate the offender. A personal foul shall be indicated by the official raising a hand over head.

**RULE 6.**  
Designation  
of Fouls.

SEC. 9. The **Referee** shall call "time out" in case of injury to players. The **Umpire** may stop the game by blowing a whistle, in case of injury to a player which the **Referee** does not see, but "time out" is taken only upon order of the **Referee**.

Injury to a  
Player.

SEC. 10. The home team shall choose the **Umpire**, but shall notify the visiting team of such selection before the day of the game. Failure to send such notification forfeits the team's right to choose the **Umpire**. The **Umpire** shall call fouls committed by any player, but *shall pay particular attention to the players in the back field away from the ball*. The **Umpire** may, when requested by the **Referee**, assist in out of bounds decisions and shall co-operate in enforcing the rule against coaching.

Choice and  
Duties of  
Umpire.

SEC. 11. The **Scorers** shall, working together, keep one record book, in which shall be recorded the goals made and the fouls committed. They shall distinguish in the record between personal and technical fouls. They shall notify the **Referee** immediately when three personal fouls or four technical fouls have been called on a player, in order that the **Referee** may warn that player. They shall again notify the **Referee** when the fourth personal foul or the fifth technical foul has been called on a player, so that the **Referee** may disqualify such player.

Duties of  
Scorers.

The record kept by the **Scorekeepers** shall constitute the official score of the game. In case of any disagreement concerning the scoring, the scorers shall at once refer the disputed point to the **Referee**, who shall decide the matter. If the **Scorers** fail to notify the **Referee** at once, the latter shall decide in favor of the smaller score.

Official Score.

Dispute Between  
Scorers.



PLATE VIII—"TIE BALL."



unless other knowledge permits a decision without reference to the **Scorers**. The **Scorers** shall be provided with a horn or whistle with which to signal the **Referee**. **RULE 6.**

*NOTE—The sounding of the **Scorers'** horn or whistle does not stop the game. It is suggested that the **Scorers** differentiate between personal fouls, P, and technical fouls, T. (See model score card on page 51.)*

**SEC. 12.** The **Timekeepers** shall note when the game starts, shall deduct time consumed by stoppages during the game on order of the **Referee**, and shall indicate with gong or whistle the expiration of the actual playing time in each half. Upon the sounding of the **Timekeepers'** signal, play shall cease instantly, except that if the ball is in the air on a try-for-goal when the **Timekeepers'** signal is sounded, play shall continue until the ball has entered or missed the basket. The **Timekeepers'** signal terminates actual playing time in each half.

Duties of  
Timekeepers.

*NOTE—It is suggested that the **Timekeepers** use one stopwatch placed on a table before them or on a wall hook, so that both may see it.*

**SEC. 13.** The officials shall blow a whistle whenever necessary to make a decision and shall announce decisions of fouls, score, etc., so that players, **Scorers** and spectators may hear it.

Whistle—  
When Blown.

*NOTE—It is desirable for all officials of a game to have different sounding whistles.*

**SEC. 14.** The **Linesmen** shall be appointed, one from each side, by the management of the home team, and shall be subject to the approval of the **Referee**.

Linesmen.

**SEC. 15.** The **Linesmen** shall stand at the ends of the division lines. Their particular places shall be assigned them by the **Referee**.

Position of  
Linesmen.



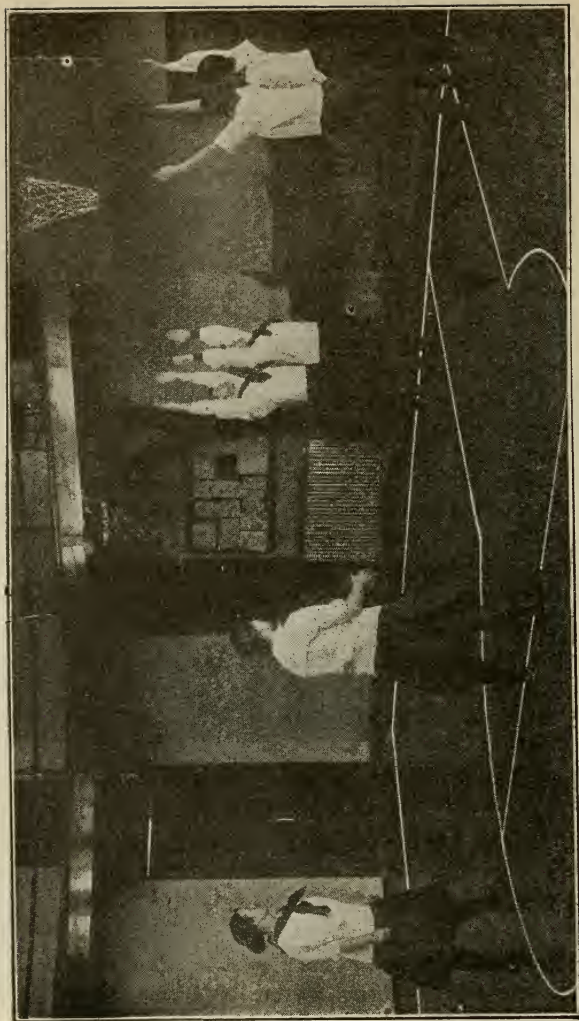


PLATE IX—"FREE THROWING." (THROWING FOR GOAL FROM 15-FOOT LINE ON A FOUL.)

SEC. 16. The **Linesmen** shall be judges of violations made by stepping beyond the field lines or touching the ground beyond the field lines with any part of the body or clothing. The **Linesmen** shall call such violations.

**RULE 6.**

**Linesmen**  
**Judge and Call**  
**Line Violations.**

**RULE 7.****PLAYING TERMS.**

SECTION 1. A *Goal* is made when the ball enters the basket from above, the impetus having been legally given by any player within bounds.

Goal.

*NOTE—If the ball passes through the basket from below and then enters from above, a goal is not made.*

SEC. 2. *Out of Bounds*—A player is out of bounds when any part of the body touches the floor outside of the boundary line, except as provided for in Sec. 8, Note.

Player Out  
 of Bounds.

The ball is out of bounds when any part of it touches the floor outside the boundary line, or any object outside the boundary line, or when it is touched by a player who is out of bounds. The ball is caused to go out of bounds by the last player touched by it before it crosses the line.

Ball Out  
 of Bounds.

Who Causes  
 Ball to Go  
 Out of Bounds.

SEC. 3. "*Time Out*" is declared whenever the game can be legally stopped without disadvantage to either side; i. e., at time of a center toss or a tie ball.

"Time Out."

SEC. 4. *Tie Ball* is declared when two opposing players of two opposing teams have both hands on the ball.

Tie Ball.

SEC. 5. A *Foul* is a violation of a rule for which a free throw is given.

Foul.

SEC. 6. The *Ball is Dead* and play shall cease until the ball again is put in play, in a manner indicated by the **Referee**:

Dead Ball.



PLATE X—LINE VIOLATION; FOOT OVER LINE.

## RULE 7.

- a. When the goal is made. (Center toss.)
- b. When the ball goes out of bounds.
- c. When tie ball is declared.
- d. When "time out" is declared.
- e. When a foul is called.
- f. After each of the two free throws following a double foul. (Center toss after second.)
- g. At expiration of playing time.
- h. When the ball lodges in the supports of the basket. (Toss up between player who threw the ball and an opponent selected by referee.)
- i. After the first of two free throws following two fouls on the same team.
- j. After an illegal free throw. (Center toss.)

*NOTE*—If on a try-for-goal the ball is in the air when the signal is sounded, as in Sec. d, e and f, the ball shall not be dead until it has entered or missed the basket. If, however, a foul is called on the team throwing for goal, the ball shall be dead at the time the foul is committed and the goal if made shall not count.

SEC. 7. A *Dribble* is a play in which a player, after giving impetus to the ball by bouncing it, touches it again before it has been touched by another player. Dribble.

A *Juggle* is a play in which a player, after giving impetus to the ball by throwing or batting it into the air, touches it again before it has been touched by another player. Juggle.

A *Bounce* shall be understood to mean a play in which the player, after giving impetus to the ball by bouncing it, does not touch it again before it is touched by another player. Bounce.

*NOTE*—Successive tries for goal shall not be considered dribbling or juggling; a player is per-





PLATE XI—LINE VIOLATION; TOUCHING OVER THE LINE.



mitted to shoot for the basket at the termination of **RULE 7.**  
a dribble or a juggle.

**SEC. 8.** A player shall be considered as *Running* **Running with**  
*with the Ball* if, while having the ball constantly in **the Ball.**  
hand, the player advances in any direction.

**NOTE**—A player who is standing still when receiving the ball may step with one foot in any direction in making a pass or in starting a dribble or juggle, but the remaining foot must be kept in position until the ball has left the hands. A player who is standing still when receiving the ball, may, in throwing for goal, step or stride with one foot in any direction, and then may jump from one or both feet; but the ball must leave the hands before one or both feet again touch the floor. Due allowance is to be made for catching the ball while running, provided the player throws it at once or stops as soon as possible. \* If, however, at the end of the run the player has one foot over the boundary line, no action shall be taken if that foot is immediately withdrawn; but if the foot that is inside the field is carried outside so that both feet are outside, the ball shall be given to an opponent out of bounds.

A player with the ball may turn around, provided one foot be kept in place, and shall not be considered as running with the ball; neither shall a player pushed by one of the opposing side be considered as running with the ball.

**SEC. 9.** *Blocking* is impeding the progress of **Blocking.**  
an opponent who has not the ball.

**NOTE**—This includes holding extended arms in front of opponent who has not the ball.

**SEC. 10.** A *Free Throw* for goal is the privilege **Free Throw.**  
given a team to throw for goal from a position directly behind the free throw line.

**SEC. 11.** A *Double Foul* is made by both teams **Double Foul.**  
having fouls called against them simultaneously.

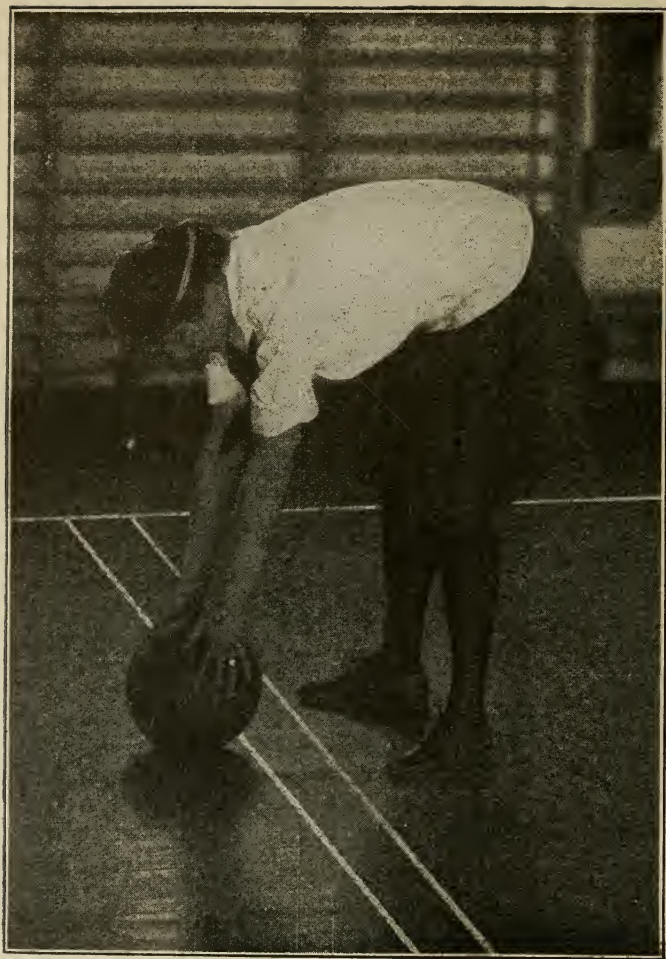


PLATE XII—CORRECT WAY OF PICKING UP BALL OVER LINE.

SEC. 12. *Delaying the Game* is unnecessarily interfering with the progress of the game by a player.

**RULE 7.**  
Delaying  
the Game.  
Own Goal.

SEC. 13. *Own Goal* is the basket for which a team is throwing.

SEC. 14. *Extra Period* is the extension of playing time necessary to break a tie score.

Extra Period.

SEC. 15. *Personal Foul* is holding, blocking, tripping, pushing, charging, or committing any other form of unnecessary roughness.

Personal Foul.

SEC. 16. *Technical Foul* is any foul not involving personal contact.

Technical Foul.

SEC. 17. *Disqualifying Foul* is rough play for which a player is removed from the game.

Disqualifying  
Foul.

SEC. 18. *Guarding* with one or both hands over the ball or touching the ball legally held by an opponent shall be termed *Overguarding*.

Overguarding  
Ball.

SEC. 19. Overguarding one's opponent consists of:

Overguarding  
Opponent.

a. Guarding with one or both hands or arms or body not in the vertical plane. (Plates I and II.)

b. Guarding round opponent's person. (Plates III and IV.)

c. Guarding with any part of body touching opponent.

SEC. 20. *Holding Opponent* is interference with a player by impeding the progress in any manner except by standing firm and guarding rigidly. Guarding with any part of the body touching an opponent, or constantly tagging or brushing against an opponent who has not the ball, shall be termed holding.

Holding  
Opponent.

*NOTE*—Any interference with a player jumping for a tossed up ball shall be construed as holding.

SEC. 21. *Holding the Ball* is retaining possession more than three seconds in the court, without hav-

Holding Ball.



PLATE XIII—CORRECT WAY OF REACHING OVER LINE WITH BALL.



ing thrown, dribbled or juggled the ball; or more **RULE 7.**  
than five seconds out of bounds.

**SEC. 22.** Touching the ground in bounds beyond **Line Violation.**  
the field division line, with any part of the body or  
clothing, shall constitute a *Line Violation*.

## RULE 8.

### PLAYING REGULATIONS.

**SECTION 1.** The game shall be started by the **Referee**, who shall toss the ball up between two **Length of Game.**  
players of opposite teams, as provided in Sec. 8,  
9 and 11 of this rule. The game shall consist of  
two halves of 15 minutes each, with an intermis- **Intermission.**  
sion of 10 minutes between the halves. This is  
the time of actual play. These times may be  
changed by mutual agreement of the captains and  
**Referee**. When a foul is committed simultaneously  
with, or just previous to the sounding of the **Time-**  
**keepers'** signal, time shall be allowed for the free  
throw.

*NOTE—In games between secondary schools or  
in playgrounds, etc., where the players are not  
mature, it is recommended that the game consist  
of eight-minute quarters, with two-minute inter-  
missions between the first and second quarters and  
between the third and fourth quarters, and a ten-  
minute intermission between the second and third  
quarters. It is further recommended that for chil-  
dren fifteen years and under, the quarters be six  
minutes, with three minutes rest between quarters  
and ten minutes rest between halves. During the  
two-minute and three-minute intermissions, the  
players shall not leave the floor, receive coaching or  
exchange goals.*

**SEC. 2.** Both teams must be ready to play within **Winning**  
ten minutes after the game is called by the **Referee**. **by Default.**  
If, at the expiration of this time, only one team is  
ready, that team wins by default. If neither team





PLATE XIV—HANDING THE BALL—FOUL.

has completed its number, the first team to do so may not claim the game by default until an additional five minutes shall have been allowed the other team to complete its number.

**RULE 8.**

Captains shall be notified three minutes before the termination of the intermission. If either team is not on the floor ready for play within one minute after the Referee calls play, either at the beginning of the second half or after "time out" has been taken for any reason, the ball shall be put in play in the same manner as if both teams were on the floor ready to play.

Captains Notified  
at End of  
Intermission.

SEC. 3. The visiting team shall have choice of baskets in the first half. In intramural games, the captains shall toss for choice of baskets; for the second half, the teams shall change baskets.

Choice of Baskets.

SEC. 4. A. When catching a ball, two hands are necessary to secure it; but if caught, it may be legally retained in one hand or thrown with one hand.

Two Hands  
Necessary to  
Secure Ball.

B. A foul shall be called on a player who puts a hand on the ball after an opponent has secured it.

*NOTE—A foul shall not be called on a player, who, in attempting to catch a ball, puts one hand on the ball after the opponent has secured it, provided the player immediately takes the hand away.*

C. Referee decides which player first gained possession of the ball.

D. Not more than one player of each team shall touch the ball at the time it is being disputed with an opponent. Violation of this rule is a foul. (Plate VII.)

No More than  
One Player of Each  
Team on Ball.

*NOTE—It is not a foul for two players on the same team to put their hands on the ball when it is not disputed by an opponent, provided one player immediately takes her hands away.*

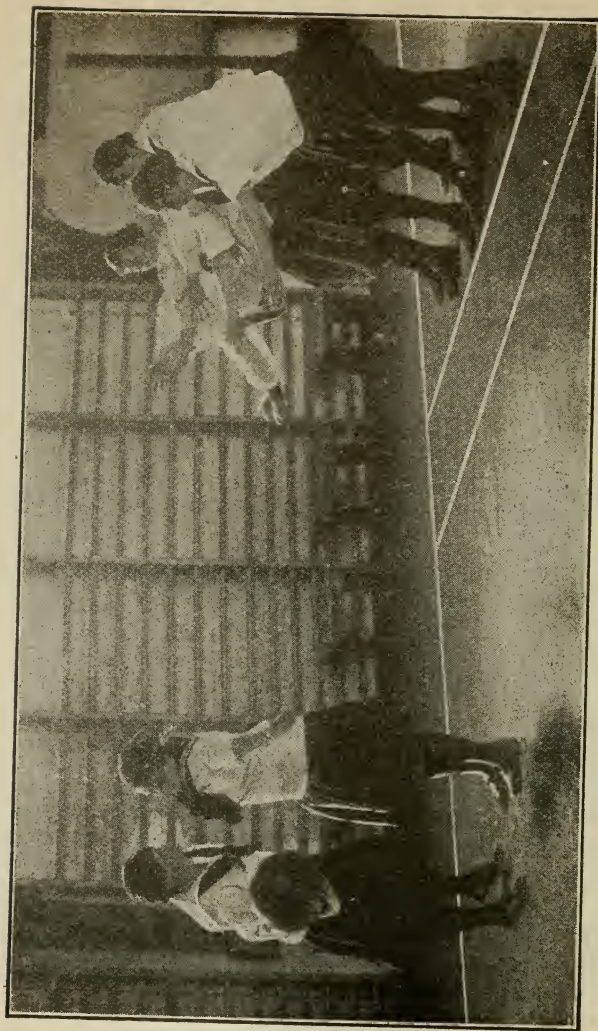


PLATE XV—"BUNCHING"; BAD PLAYING.

SEC. 5. When a ball has been caught it must be thrown within three seconds. If the player has fallen down, the three seconds are counted from the time when all the body weight is again on the feet. Foul for delay may be applied if the player does not get up as soon as possible.

**RULE 8.**

Ball to be  
Thrown within  
Three Seconds.

SEC. 6. The ball may be thrown, dribbled, batted, bounced or juggled in any direction. The ball may be bounced or dribbled once only, with one or both hands, and the bottom of the ball must reach at least as high as the knee in bouncing. The ball may be juggled once only, and the bottom of the ball must go as high as the top of the head during the juggle. A dribble shall not be used combined with a juggle.

Ball Thrown, etc.,  
in Any Direction.

NOTE 1—*For successive tries at basket, see Rule 7, Sec. 7, Note.*

NOTE 2—*While making the one bounce or one juggle, a player may take any number of steps, provided the steps are made between the time the ball leaves the hands and the moment it is again caught.*

SEC. 7. No player may hand or roll the ball to another player. The ball must be thrown or bounced to another player or thrown for the basket. (Plate XIV.) The player, when throwing the ball, must be standing on one or both feet or jumping in the air.

SEC. 8. A. The ball shall be put in play in the center circle:

When Ball is  
Tossed Up  
in Center.

- a. At the beginning of each half.
- b. After a goal has been made.
- c. After an illegal free throw has been made.
- d. After the last free throw following a double foul.

B. When the ball is put in play in the center, each center player shall stand with both feet within



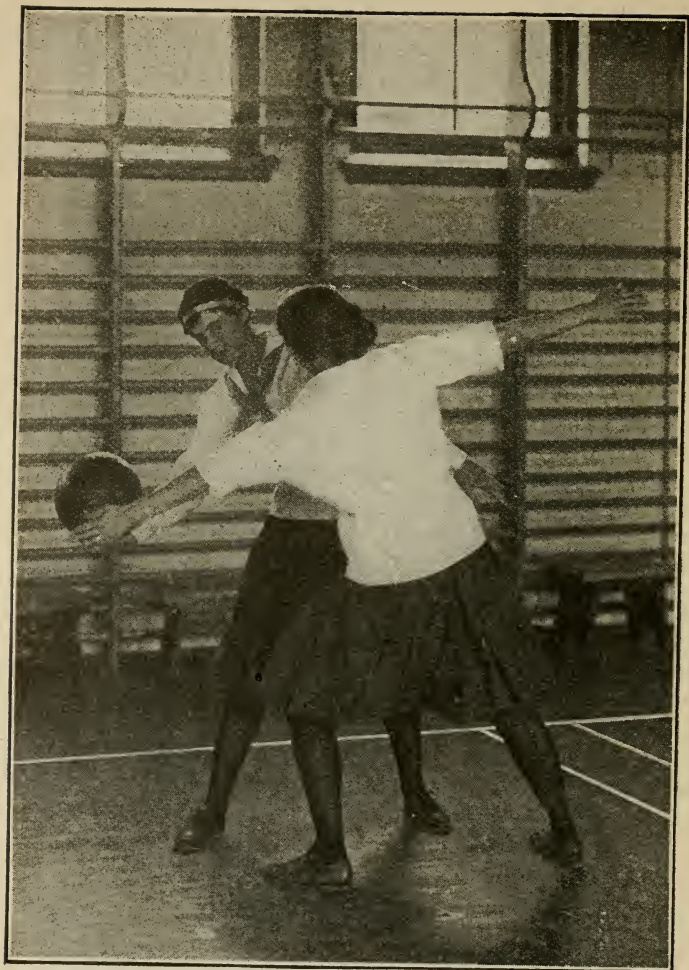


PLATE XVI—SIDE THROW.



own half of the center circle, with one hand behind the back and in contact with it; the hand shall remain in this position until the ball has been tapped by one or both players. The other players may take any position upon the court they may desire, provided they do not interfere in any way with the **Referee** or center players. (Plate V.)

**RULE 8.**

**SEC. 9.** When the **Referee** puts the ball in play in the center, it shall be tossed upward in a plane at right angles to the side lines between the center players, to a height greater than either of them can jump, so that it will drop between them. Both players must jump for the ball at center and elsewhere. The **Referee** shall blow a whistle when the ball reaches its highest point, after which it must be tapped by either one or both of the center players. If the ball touches the floor without being tapped by one of the jumpers, the **Referee** shall put it in play again in the same place. If the ball is batted out of bounds by either of the players, the regular out of bounds rules shall apply (see Rule 10).

**Referee Tosses  
Up Ball Between  
Centers.**

**Centers Must  
Tap Ball First.**

**SEC. 10.** When the **Referee** tosses the ball up between two players elsewhere than in the center, the players shall assume the same position in relation to each other as when jumping in the center.

**When Ball is  
Tossed Up  
Elsewhere than  
in Center.**

**SEC. 11.** Whenever the ball is tossed up by the **Referee** between two players, whether in the center or elsewhere, the ball must be batted, not caught. Neither of the players jumping may catch the ball until it has touched the floor or has been played by some other player than those jumping. This does not prevent the player from batting the ball more than once.

**SEC. 12.** The game shall terminate by the sounding of the **Timekeepers'** signal indicating the end of the game.

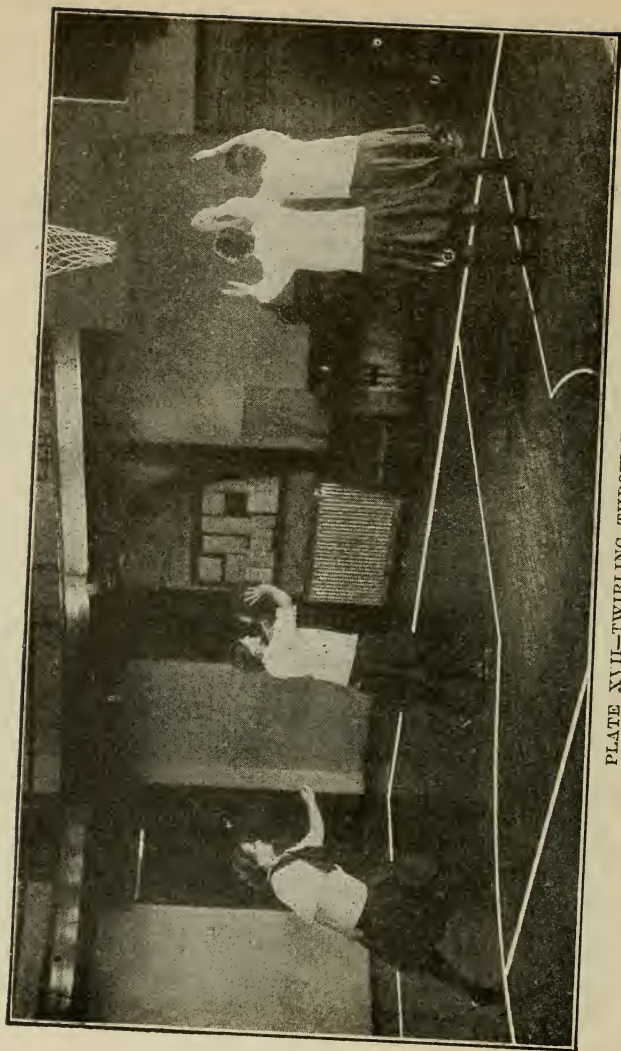


PLATE XVII—TWIRLING THROW FOR BASKET.

## RULE 9.

### SCORING.

SECTION 1. A goal made from the field shall count 2 points; a goal made from a free throw shall count 1 point. Value of Goals.

SEC. 2. The score of a forfeited game or game won by default shall be 2—0. Score of  
Forfeited Game.

SEC. 3. A game shall be decided by the scoring of the most points in the playing time.

SEC. 4. If at the expiration of playing time the score is a tie, the ball shall be put in play in the center and the game continue without exchange of baskets until either team has made two additional points. The goals may be made either from the field of play or the foul line. The team first scoring two points wins. Requires Two  
Points to Win in  
Case of Tie.

*NOTE—In case of a tie and both teams make the second points simultaneously through both teams scoring on double fouls, the game shall continue as provided for in Rule 13, Sec. 3a.*

SEC. 5. Any team refusing to play after receiving instruction to do so from the Referee shall forfeit the game.

## RULE 10.

### OUT OF BOUNDS.

SECTION 1. If at any time during the game the ball goes out of bounds it shall be so declared by the Referee and put in play again by an opponent of the player who caused it to go out of bounds, said opponent to stand out of bounds at right angles to the spot where the ball left the court. The ball shall then be thrown or bounced to another player within the court. Unnecessary delay in recovering ball from out of bounds is considered delaying the game. (Plate VI.) How Ball is  
Put in Play when  
Out of Bounds.

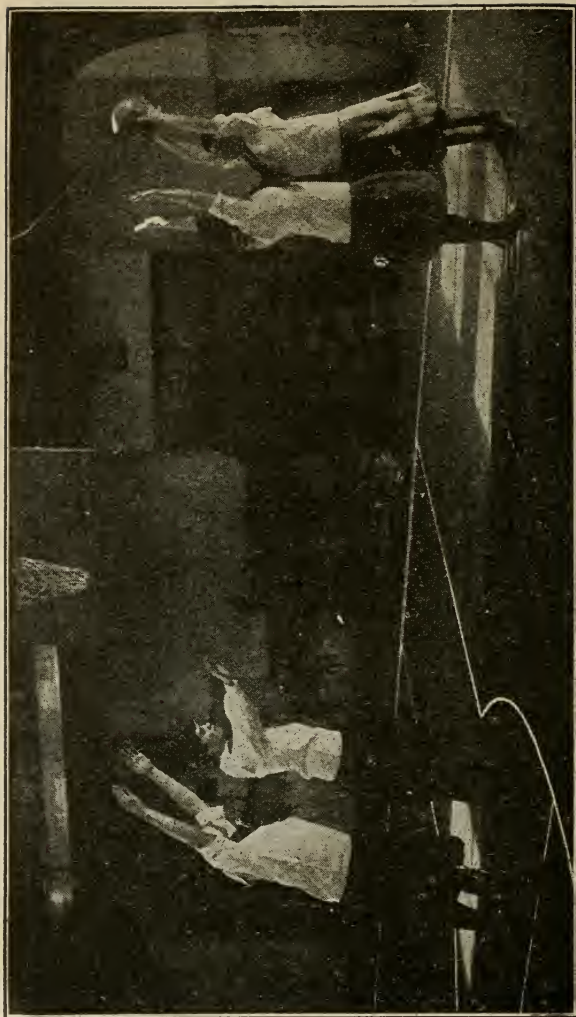


PLATE XVIII—"HIGH BALL."

**NOTE**—When the space out of bounds is limited for any reason, no player of either team, except the player who has the ball outside, shall be nearer than three feet to the boundary line. It is wise to have a fine line drawn in the court three feet inside the boundary lines.

**RULE 10**

**SEC. 2.** If the Referee is unable to determine which player touched the ball last before it went out of bounds, the ball shall be put in play at a spot about three feet within the court, at right angles to the point where the ball crossed the boundary line, the Referee selecting two opponents and tossing the ball up between them as for tie ball.

How Ball is  
Put in Play if  
Referee is in  
Doubt as to Who  
Caused it to Go  
Out of Bounds.

**RULE 11.****TIME OUT.**

**SECTION 1.** "Time Out" shall be taken only when ordered by the Referee. "Time out" shall be ordered for not more than five minutes at the request of a captain or for injuries to players.

"Time Out" on  
Order of  
Referee Only.

**NOTE**—If the Referee orders "time out" at the request of a captain more than three times during a game for one team, that team shall be penalized for delaying the game and a technical foul shall be charged against the captain.

**SEC. 2.** When the Referee declares "time out" or orders time to be taken out, the ball, on resumption of play, shall be tossed up between the two players of opposing teams nearest to it, at the spot where it was when play ceased. If, however, the ball is in the possession of a player when time is called, it shall be returned to that player when play is resumed. If the ball is out of bounds when time is called, it shall be put in play as for out of bounds (see Rule 10); if a foul is called, play shall be resumed with the free throw for goal.

After "Time Out"  
Ball is Tossed Up  
Unless it is in  
Possession of  
Player or  
Foul is Called.

**SEC. 3.** Time shall be taken out for a double foul.



## RULE 12.

### TIE BALL.

SECTION 1. When *Tie Ball* is called, the **Referee** shall take possession of the ball. The two players who have the ball shall assume positions similar to the centers at the start of the game, but in an imaginary circle at the spot where the ball was held. The ball shall then be put in play as at the center. (Plate VIII.)

*NOTE—If, however, the ball is held in tie between the center and forward or guard (over the field line), the ball shall be tossed up between the center and a center opponent indicated by the Referee.*

## RULE 13.

### FREE THROW.

Procedure when  
Foul is Called.

SECTION 1. When a foul has been called, the **Referee** shall immediately secure possession of the ball and place it upon the free throw line of the team entitled to the throw. The throw for goal shall be made within ten seconds after the ball has been placed upon the line. (Plate IX.)

Center Ball if  
Goal is Made.

SEC. 2. If the goal is made, the ball shall be put in play at the center.

SEC. 3. If the goal is missed, the ball continues in play except:

Double Foul.

a. That in case of a double foul, the ball is dead after the first throw and shall be put in play at the center after the second throw.

Two or More  
Fouls.

b. When two or more free throws are awarded a team, the ball is dead after each free throw except the last one. If the goal is missed after the last throw, the ball continues in play.

## RULE 14.

## VIOLATIONS AND PENALTIES.

## A Player Shall Not—

SECTION 1. While making a free throw, touch or cross the free throw line, until the ball has touched the basket or backboard.

## PENALTY—

(SECTION 1.)

Goal if made does not count, and, whether made or missed, the ball shall be put in play at the center.

SEC. 2. Throw for basket when ball is dead.

SEC. 3. Consume more than ten seconds in making the free throw.

## PENALTY—

(SECTIONS 2, 3.)

Goal if made does not count.

SEC. 4. Cause the ball to go out of bounds.

SEC. 5. Carry the ball into the court from out of bounds.

SEC. 6. Touch the ball after putting it in play from out of bounds, until it has been touched by another player.

SEC. 7. Interfere illegally with player who is returning the ball into court from out of bounds.

SEC. 8. Hold the ball more than five seconds out of bounds before putting it in play.

## PENALTY—

(SECTIONS 4, 5, 6, 7, 8.)

Ball goes to an opponent out of bounds.

SEC. 9. Touch ground beyond field line division or beyond second line if neutral space is used with any part of body or clothing. (This does not debar a player from leaning over the field line to pick up or receive the ball.) (Plates X, XI, XII, XIII.)

Over the Line  
Violation.

## PENALTY—

(SECTION 9.)

- a. If the violation is made by the team which is in possession of the ball, the ball shall be given to the opponent nearest the spot where the ball was at the time the violation was

**RULE 14.**

called. This opponent shall have an unguarded throw to another player, but may not shoot for the basket until the ball has been touched by some other player.

- b. If the violation is made by the team not in possession of the ball, the player who has the ball retains it and is allowed an unguarded throw, but may not shoot for basket until it has been touched by some other player.
- c. If a double violation is made (two members of different teams over the line at once), there shall be a toss up between the player who has the ball when the double violation is called and the nearest opponent.

**SEC. 10.** Enter the free throw lane or touch free throw lines, or attempt to disconcert the player with the ball while a free throw for goal is being made, until the ball has touched the basket or backboard. If players contend for positions along the free throw lanes, the Referee shall arrange the players so that the desirable positions are evenly divided. (Plate IX.)

**PENALTY—**

(SECTION 10.)

For violation by a player of the team throwing for goal, the goal if made shall not count, and, whether made or missed, the ball shall be put in play at the center. If violated by a player of the opposite team, the goal if made shall count, and if missed, another free throw shall be allowed.

**SEC. 11.** Throw for basket from out of bounds.

**PENALTY—**

(SECTION 11.)

Goal if made does not count; if not made, ball shall be considered in play.

**RULE 15.****FOULS AND PENALTIES.****A. Technical Foul.**

List of  
Technical

**A Player Shall Not—**

**SECTION 1.** Run with the ball, snatch or bat the ball from the hands of an opposing player, kick it,

strike it with the fists, roll it, bounce, dribble or juggle it more than once, or hand it to another player. **RULE 15**

**SEC. 2.** Delay the game by touching the ball after it has been awarded to an opponent, or by leaving the court, by removing hand from behind back on the jump ball before the ball is tapped, or otherwise violating the jumping rules when the Referee tosses the ball up between two players, by not getting up quickly after falling down, or in any other manner unnecessarily delay the game.

**SEC. 3.** Hold the ball in play constantly in one or both hands more than three seconds.

*NOTE.—If the player has fallen down, the three seconds are counted from the time when all the body weight is again on the feet.*

**SEC. 4.** Pass the ball to another player while making a free throw for goal. (An honest attempt to cage the ball must be made.)

**SEC. 5.** Make a second bounce, dribble or juggle without first having passed the ball to another player.

**SEC. 6.** Go on the court as a substitute before reporting to Scorer and being officially recognized by the Referee.

**SEC. 7.** Overguard opponent who is not throwing for the basket.

**PENALTY—** (SECTIONS 1, 2, 3, 4, 5, 6, 7.)

Free trial for goal given to opponents.

**SEC. 8.** Interfere with the ball or basket while the ball is on the edge of or within the basket.

**PENALTY—** (SECTION 8.)

One point awarded to team trying for goal.

**SEC. 9.** There shall be no coaching from the side lines during the progress of the game by any one

**RULE 15.** officially connected with either team, nor shall any such person go on the court during the progress of the game except with the permission of the Referee or Umpire.

**PENALTY—**

(SECTION 9.)

Free throw for goal. A technical foul charged against the captain of the offending team.

**SEC. 10.** Overguard an opponent who is in the act of throwing for the basket.

**PENALTY—**

(SECTION 10.)

Two free trials for goal.

*A player who has committed five technical fouls is automatically disqualified and removed from the game.*

**B. Personal Foul.**

**A Player Shall Not—**

**List of Personal Fouls.** **SEC. 11.** Hold, block, trip, charge or push an opponent.

**SEC. 12.** Use unnecessary roughness.

**PENALTY—**

(SECTIONS 11, 12.)

Free trial for goal. The offender shall be charged also with a personal foul. The Referee may disqualify for a single violation of Sec. 11 or 12.

**SEC. 13.** Push or hold an opponent who is in the act of throwing for the basket.

**PENALTY—**

(SECTION 13.)

Two free trials. The offender shall be charged with one personal foul and may be disqualified.

*NOTE—If the goal is made it counts and the two free throws are also allowed.*

*A player who has committed four personal fouls is automatically disqualified and removed from the game.*

In all cases not covered by the rules, officials are to use their own judgment in accordance with the general spirit of the rules.



# Method of Scoring Basket Ball

Any coach who is interested in good basket ball should keep all scores in a uniform way, and preferably in a score book. Only in this way is it possible to keep track of the playing of your team—their propensity to make fouls, and the fouls they most commonly make. It also shows the good playing of your team members; if a forward makes many baskets and few fouls, she is a good player, and if a guard makes few fouls and she has prevented the opponents from making many baskets, she is a good player. A score book also shows the history of the playing of the team. One can look back months or years and see whether such playing has improved and how it has improved. Below will be found a sample score page. It is planned after Dr. Gulick's excellent score book, but is changed to meet the women's rules and is perhaps a little easier to score. Let us take the scoring of the first half of the game on the sample score card. Ada Brown has made a goal from the field and a goal from the foul line. Mary Robinson made a goal from the foul line and missed a goal from the field and one technical foul etc. The score at the end of the first half for 1918 was 4 points. Susan Smith made two fouls—both technical. Helen Peters made one personal and one technical foul etc. The score at the end of the first half for 1918 was 4 points. It is also interesting to note how one is able to follow up the fouls of one team by goals or attempts at goals from the foul line.—S. B. A.

Class of 1918				Class of 1919			
Position	Names of Players	First Half	Second Half	Names of Players	First Half	Second Half	
Forwards	Ada Brown	(2) (1)	(0) (1)	Marion May	(2) (1) (0)	(1) T	
	Mary Robinson	(1) (0)	(2) (2)	Lucy Evans	(1) (1)	(2)	
Centers	Susan Smith	T T	T	Jane True	T		
	Helen Peters	P T		Lily Bray			
Guards	Jay Calhoun	P	T T	Bessie Bee		T	
	Eva Strong	T		Doris Day			
		4	5		5	3	

WHERE PLAYED N. H. S. DATE Oct. 1, 1918 REFEREE Instructor UMPIRE Miss Smith  
 TIMEKEEPERS Misses A & B SCORERS Misses X & Y LINESMEN Junior-senior WON BY Class of 1918 SCORE 9-8

Scoring—(2) = goal from field; (1) = goal from a foul; (0) = missed free throw. Fouls—P = Personal; T = Technical.  
 LIST OF FOULS: Technical—a. Run with ball, knock from opponent's hands, kick it, strike it with fist, roll it, hand it to another player or overguard opponent; b. Delay game; c. Hold ball; d. Pass ball to another while making a free throw; e. Make second juggle or dribble; f. Go on court as substitute illegally; g. Interfere with ball or basket while ball is on edge of basket; h. Coaching from side lines, or outsiders going on court. Personal—a. Hold, block, trip, charge, push; b. Use unnecessary roughness; c. Push or hold opponent throwing for basket.

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# Questions and Answers

COMPILED BY G. T. HEPERON.

Inquiries on interpretations of rules should be addressed to George T. Hepbron, Secretary, 45 Rose Street, New York, N. Y.

Always enclose a self-addressed stamped envelope for reply. Number each paragraph in your letter. Ask only one question in each paragraph stating rule and section involved.

If you desire reply on sheet enclosed, this can be done only if a duplicate accompanies the original.

If your questions are framed and numbered so that "Yes" or "No" will suffice for answer it will facilitate a quick reply.

*Question No. 1.* What is the proper method to follow in substituting players? *Answer*—Report to Scorer first, then be recognized by Referee. See Rule 5, Sec. 4.

*Question No. 2.* Who decides when ball is dead? *Answer*—Referee. See Rule 6, Sec. 3B.

*Question No. 3.* Does Referee's decision take precedence over Umpire's in calling a foul? *Answer*—No. See Rule 6, Sec. 6.

*Question No. 4.* The Referee and Umpire make approximate simultaneous decisions on the same play and the decisions involve different penalties against the same player; which takes precedence? *Answer*—The one drawing attention to the graver of the two penalties. See Rule 6, Sec. 6.

*Question No. 5.* Two players have possession of the ball; Referee blows whistle indicating "tie ball"; almost simultaneously the Umpire blows whistle calling attention to a foul committed by one or both of these players; which official's decision takes precedence? *Answer*—The one calling attention to foul or fouls. See Rule 6, Sec. 6.

*Question No. 6.* Suppose the Timekeeper is not provided with a suitable horn or bell and is therefore unable to make Referee hear her call "time" orally and a goal is made, does it count? *Answer*—Yes; the game is officially in progress until proper signal is sounded either by the Timekeeper or Referee. See Rule 6, Sec. 12.

*Question No. 7.* Two players are jumping for ball being tossed up by Referee; one player bats ball into opponents' basket; does the goal count and for whom? *Answer*—Goal counts for team into whose basket it was batted. See Rule 7, Sec. 1.

*Question No. 8.* If the ball enters the basket from below, goes through and drops back into basket, is a goal scored? *Answer*—No. See Rule 7, Sec. 1 Note.

*Question No. 9.* Ball glances off face of backboard and across boundary line, but before it touches the floor or any obstruction out of bounds, it is caught by a player who has both feet "in bounds." Is the ball in bounds or out of bounds? *Answer*—In bounds. See Rule 7, Sec. 2.

*Question No. 10.* Would standing still and bouncing the ball on the floor constitute a dribble? *Answer*—Yes. See Rule 7, Sec. 7.

*Question No. 11.* May a player dribble the ball without it touching the floor? *Answer*—A dribble to be legal must come in contact with the floor. See Rule 7, Sec. 7; Rule 15, Sec. 5.

*Question No. 12.* Is a player permitted to shoot for goal at the termination of a legal dribble? If she succeeded in making a goal, would it count? *Answer*—Yes. See Rule 7, Sec. 7 Note.



*Question No. 13.* Are successive tries for goal considered juggles? *Answer*—No. See Rule 7, Sec. 7 Note.

*Question No. 14.* Some guards have the habit of putting their hands on body of opponent; is this a violation of the rules? *Answer*—It certainly is; a personal foul should be called for "holding." See Rule 7, Sec. 19c and 20.

*Question No. 15.* Shall Referee, before tossing ball up, caution players regarding proper positions to assume? *Answer*—No; players are supposed to be conversant with the rules, and if they are not that is their fault, and not the Referee's. See Rule 8, Sec. 8, 9, 10 and 11.

*Question No. 16.* When two players are jumping for ball being tossed up by the Referee, in the center or elsewhere, what positions are the other players obliged to assume? *Answer*—See Rule 8, Sec. 8b.

*Question No. 17.* When the ball is tossed up by the Referee in center or elsewhere, are both players obliged to jump and make an effort to tap the ball? *Answer*—Yes. If neither player taps the ball, the Referee shall toss it up again at the same place and order both players to jump and make an honest attempt to tap it. Failure to comply with the Referee's order is a foul on one or both for delaying the game. See Rule 8, Sec. 9, and Rule 7, Sec. 12.

*Question No. 18.* Must the players face toward their "own" baskets when jumping in center or elsewhere? *Answer*—No particular facing is required, provided each player is in own half of circle. See Rule 8, Sec. 8b and 10.

*Question No. 19.* What must be the position of the feet when jumping in center and elsewhere? *Answer*—See Rule 8, Sec. 8b, 9, 10 and 11.

*Question No. 20.* May players catch ball when jumping in center and elsewhere? *Answer*—No; it must be tapped. See Rule 8, Sec. 11.

*Question No. 21.* When ball is tapped after jumping in center or elsewhere, can either one or both jumpers touch it again before it is touched by a third player? *Answer*—Yes; retapped, but not caught. See Rule 8, Sec. 11.

*Question No. 22.* Ball is being tossed up by Referee between two players; after it has been tapped and before any other player touches it, it goes to "out of bounds"; Referee is undecided which player touched it last; what is the decision? *Answer*—See Rule 8, Sec. 9; Rule 10, Sec. 2.

*Question No. 23.* When players are jumping for ball tossed up by Referee elsewhere than in the center do the same conditions prevail as when jumping in center? *Answer*—Yes. See Rule 8, Sec. 9, 10 and 11.

*Question No. 24.* May a player dribble the ball while part of her person is touching the floor out of bounds, without violating the rules? *Answer*—No. See Rule 7, Sec. 2; Rule 10, Sec. 1, and Rule 14, Sec. 4 and 5.

*Question No. 25.* Two players have possession of ball, third player runs in, personal contact results, but third player does not touch ball: what is the decision? *Answer*—Personal foul against third player. See Rule 15, Sec. 11 and 12.

*Question No. 26.* What is the penalty for holding arm or shoulder of an opponent who is in the act of trying for goal? *Answer*—Two free trials for goal from free throw line. See Rule 15, Sec. 13.

*Question No. 27.* A player is dribbling and an opponent runs in at right angles to the direction the dribbler is going and bats the ball, and while so doing, personal contact results; has a foul been committed, and on which one? *Answer*—A foul for personal contact has been committed; it may have been the fault of either; the official who decides must see the play to make decision; the burden of proof, however, is on the dribbler.

*Question No. 28.* May the personal foul rules (Rule 15, Sec. 11 to 13) be set aside by mutual agreement? *Answer*—Decidedly not; the personal foul

rule is intended to prevent the most flagrant fouls in the game. Strict rulings on these points will do much to keep the game clean. It is the urgent desire of the Committee that all rules be strictly enforced in their entirety, especially those relating to personal fouls.

*Question No. 29.* When players are jumping for ball being tossed up by the Referee, whether in center or elsewhere, may either one or both players catch the ball after it has been tapped, before it is touched by a third player? *Answer*—Yes, provided it has touched the floor. See Rule 8, Sec. 11.

*Question No. 30.* May a player step onto the second line when the field lines are double? *Answer*—Yes, provided she does not step *beyond*. See Rule 7, Sec. 12, and Rule 14, Sec. 9.

*Question No. 31.* A line violation is made, the ball progresses some distance before the whistle is blown; is the ball returned to the spot where its violation was made? *Answer*—No. It is given to the member of the opposing team nearest the spot where the ball was at the time the whistle was blown. If the linesmen keep their whistles constantly between their lips, this will not occur. See Rule 14, Sec. 9A.

*Question No. 32.* Is it a foul to hug the ball? *Answer*—Hugging the ball is not a foul.

*Question No. 33.* Suppose one player is forced "out of bounds" by an opponent, what is the decision? *Answer*—Foul on opponent who did the forcing.

*Question No. 34.* Is it legal to guard a player who is trying for goal from the field as closely as at other times? *Answer*—Yes; personal contact is illegal at all times, whether committed on player trying for goal or otherwise.

*Question No. 35.* Is it an illegal play to catch the ball against the body? *Answer*—No.

*Question No. 36.* The Scorers fail to notify the Referee that a player has had four personal fouls or five technical fouls called against her and she continues to play; what should be done? *Answer*—The points made during the period that this player was ineligible shall be counted as well as the time played, but immediate substitution for offending player shall be made as soon as the fact that she has four personal fouls or five technical fouls comes to the attention of the official. If Scorers are so inefficient or negligent that they fail to notify the Referee, they should be at once removed from that game and not permitted to serve in any capacity for the remainder of the season. No excuses should be accepted.

*Question No. 37.* If a court is too small to use outside boundary lines, what ground rules would you suggest? *Answer*—Use whole court as playing space. Under these conditions, any one of the four walls must be considered out of bounds. When ball touches the wall it is out of bounds and opponent of player passing ball in must stand at least three feet away from wall. Player touching wall is out of bounds.

# The Duties of Basket Ball Officials

BY L. RAYMOND BURNETT, M.D.,

Sargent Normal School for Physical Education.

Posse Normal School of Gymnastics.

Basket ball is the most universal indoor game and has increased in popularity very rapidly since the general adoption of uniform rules. In every locality where women's basket ball has been allowed to languish, it will be found that poor officiating has been the underlying cause. Ignorance of the rules or lack of backbone to strictly enforce them has caused much of the unfavorable opinion among those school authorities who do not encourage the game. They have allowed match games without proper management and have not inquired into the reasons for unsportsmanlike contests.

Women should usually manage all games played by girls, and there is no reason why their work should not be as efficient as that of the most experienced men. It is a fact, however, that the game has become popular in many cities without a corresponding growth in the number of competent women officials. Many successful physical directors are not good officials simply because they do not make a thorough study of the rules, while others are satisfied with their work when they merely toss the ball and then remain standing near the center until a goal is made.

The various normal schools for physical education are rapidly developing competent officials by giving careful instruction in the technique; but, even in such schools, a large proportion of the candidates are not physically or mentally equipped to become expert referees.

The referee of a basket ball game needs a quicker reaction time and greater physical endurance than in any other contest, unless it be in cross ball, which is an outdoor game played with two basket balls. She must follow the ball closely and recognize fouls instantly, having played the game herself often enough to analyze the players' thoughts.

## COSTUME.

No one should attempt to referee while dressed in the ordinary street costume, as skirts and leather-soled shoes prevent following the ball about the court. A referee in high-heeled shoes and wearing a picture hat has been seen at an important game, and when the ball had to be tossed, she delayed the game while hobbling to position. Regular gymnasium costume, differing in color from that of the players and allowing perfect freedom, is the most practical dress. Rubber-soled shoes are a necessity for a proper covering of the court, since a good official in a fast game must run and walk constantly for thirty minutes. An official wearing a pedometer during a match game at the Harvard Summer School traveled two and three-quarter miles.

## PHYSICAL CONDITION.

Such officiating requires a physical condition equal to that of the players, and there is no better way to attain this training than to play often in the practice games of some team. Referee other practice games, keeping always near the ball, as this keeps the game fast and clean while the players go at top speed. When the players and onlookers realize that you intend to be near every play from the early minutes of the game, you will have gained their confidence and co-operation. Your quick, impartial decisions, made almost before they have formulated their own opinions of plays, will soon establish your reputation.

## KNOWLEDGE OF THE RULES.

For many years, since the invention of the game in 1892, we have had several sets of rules for basket ball; and at one time it was necessary to

study seven printed guides, with variations, in order to instruct coaches in a summer school, who needed to know the local differences.

This Guide contains the revised official rules published with the authority of the American Physical Education Association, so it is now only necessary to know how the men's game differs from these rules. Such radical differences are present that different names for the games would cause less confusion. One should never take it for granted that a good knowledge of the men's rules will assure success with the women's rules after five minutes' study.

Commit these rules to memory so that the exact wording will be "at your tongue's end" when a point for decision arises. Such a knowledge will give you prestige as one who knows her business. Always have the rules available to verify statements, and know how to use the index so that little delay will occur. Try to attend all meetings of coaches in your vicinity where rule interpretations are discussed. Organize coaches in associations if you live where none exist. All doubtful points may be cleared up by sending a self-addressed envelope enclosed with the question to the Rules Committee.

### PRELIMINARIES.

Since the referee in match games is usually secured by the manager, you may not see the players until a few minutes before play commences. Get acquainted with the captains and call both teams into a corner or a small room for a short talk; tell them in a quiet way that you expect to strictly enforce the rules without regard to sides. Explain any changes in ground rules and ask for questions regarding interpretation of the guarding fouls, or have all of the pictures taken from the Guide and mounted upon a card so that they may be readily shown and discussed. Tell them that your whistle stops the game and that whoever has the ball should pass it to you at once when in doubt, so that you may announce the decision without loss of playing time. This five-minute talk will start you as a friend of the individual players on both teams.

The scorers and timekeepers are your assistants and should be seated near the middle of the side lines, not at one end or separate. You often wish to speak to them while passing down the court during play. In answer to their questions regarding the player who fouled and the score. Explain to the scorers that you will raise an arm above your head and indicate the score by extended fingers while announcing the score distinctly to the spectators. You will also look toward them and indicate a personal foul by fully extending an arm upward.

Allow only one score book to be used during the game, so that both scorers may watch one set of figures. A duplicate copy can be easily made for the visiting team or reporters after the game. Much confusion occurs when the scorers attempt to keep separate records and do not know the individual players.

### TIMEKEEPERS' DUTIES.

See that the timers know how to stop and start the stopwatch and that they have a separate watch for keeping the "time out" taken for delays. When, as often happens, a stopwatch is not available, the timers' duties become very difficult; in fact, absolute accuracy, to the second, is impossible. With an ordinary watch, each delay makes two problems in arithmetic, which should be done on paper by the assistant timer. This is best done by noting the minute and second when the game would stop if there were no delays, and then adding to this the seconds and minutes taken out for each delay. A well equipped court should have a six-inch wall-gong within reach of the timer.

### LINESMEN.

Then make the acquaintance of the linesmen and see that they have suitable positions at the ends of the division lines and are equipped with whistles. They should know that a player can step upon or in the twelve-inch



neutral space, but cannot touch the ground beyond; and that when two narrow lines are used, they are supposed to measure twelve inches over all. Suggest that the space between be temporarily marked with wet chalk. A player has not technically committed a line violation if she leaps across the corner of the adjacent division to out of bounds, in order to prevent falling over the division line.

It is often necessary to make a statement to the spectators crowded under a goal or seated in a gallery near the backboards, since they must keep three feet or more away from the goals.

When the spectators are standing or seated near the boundaries, the referee should ask that the ball be not caught or batted by them.

If there are any special ground rules necessary because of projecting obstructions, or a shortened time because the game started late, these should be announced to players and spectators before the game, to prevent disagreements later.

In your talk with the captains, make sure that they understand that substitutes must report to you, so that you may announce the substitution with name, position and team. The captains are the only ones who should converse with any official during the playing time.

### DIFFICULT DECISIONS.

The most frequent foul in women's rules is that of overguarding an opponent who has the ball. Then come running with the ball, delaying the game, and rough play. You must have a clear mental picture of legal guarding with the arms in vertical plane, and be ready to illustrate if your strictness or judgment is questioned. A player cannot reach forward or place an arm around an opponent's body while guarding from behind, and this relative position occurs constantly because a good player with the ball turns her back upon the nearest opponent.

Making progress with the ball is clearly defined in these rules. Many nervous players make short sideward steps unconsciously while holding the ball and are surprised when the foul is called.

Delay of the game may be due to holding the ball too long either in the court or out of bounds, in taking more than ten seconds to attempt a free throw, in failing to get upon the feet quickly while holding the ball, and in failure to get into position quickly when the ball is to be tossed.

The players and spectators size up your ability in the first few minutes of play, and if you have called the first fouls strictly they know that you are not to be trifled with, and the game becomes fast and clean.

You should announce a double foul by indicating the offenders and calling "time out" to the timers. As there is no advantage in the first free throw, you should set the ball and place it upon the nearest free throw line without delay; then stand near the goal to secure it after the throw and carry it to the other free throw line.

When the ball goes out of bounds, you should instantly blow the whistle and indicate the player entitled to it by calling "Red out," or the team name, since each player must know in order to develop team play.

### COUNTING FOR HELD BALL.

Begin counting aloud the five seconds limit as soon as the player has the ball and is standing at right angles to where the ball went over the line, remembering that she need not come up close to the line to be in position. A person ordinarily counts ten in five seconds, so you must practice counting five seconds while observing the second hand on a watch. This is important, because you must frequently count three seconds accurately while the player has the ball in bounds. Making a practice of counting aloud will speed up the game when you discover that certain players are inclined to delay passing, and for the last count substitute the whistle blast calling the foul. Note that a wise player may really hold the ball almost six seconds by putting in the one juggle or bounce, and these plays need counting.



### THE WHISTLE.

The best make of whistle for women's use is the deep two-toned whistle with short chain for attachment to the clothing. The shrill-toned whistle with cork ball is not so distinctly heard when a feminine group is cheering a fast game, but this sort of whistle may be used by the umpire and linesmen. The timer should be furnished with a horn or gong. The whistle should be carried between the lips for instant use, except when counting, and especially when tossing the ball between two players, both hands being needed to make an accurate vertical toss.

When two players hold a ball or you do not know who touched it last before it went out of bounds, blow the whistle and call "Tie ball" or "Jump."

### PUTTING THE BALL IN PLAY.

Make a practice of tossing the ball always the same height. Do not follow the ball up with your eyes, but watch the jumpers and whistle when you know the ball is beyond their reach.

a. **AT THE CENTER.** The referee when tossing the ball at center, should stand in a triangle with the players and hold the ball between them, thus preventing too close playing. Note that five feet are in the ring, counting one of yours, and that each of the centers has a hand in contact with her back. When the ball leaves your hands, take one quick step backward, then another slow one, thus avoiding the center play, without getting in the way of circling side-centers. Running off the court will surely cause interference. Your judgment should tell you where to step after the ball is in play. This position is shown in "A" of the diagrams, which are modeled after those in the invaluable article by Homer S. Curtis in Spalding's Official 1917 Basket Ball Guide for Men.

Diagram "B" shows another position at center which the referee can occasionally take after the toss. You have discovered that one center always taps the ball forward and runs sideward and that the side-center will not be interfered with if you step around behind this center. Such a move gives you an opportunity to enforce the rule of "Hand behind the back" on both centers.

b. **FROM OUT OF BOUNDS.** Diagram "D" represents the relative position of the jumping players and referee when the ball is brought in from out of bounds or has been held in tie within bounds. You should secure the ball and stand with back to the nearest side line, making the players come to the spot which you indicate. Toss the ball with both hands and step instantly out of the zone of play, which means out of bounds when possible.

### REFEREE'S POSITION DURING FOUL THROWS.

Diagram "C" shows where the referee should stand when you are the only official and there is space for you to stand out of bounds. The rules require the referee to secure the ball and immediately place it upon the foul line of the offended side or hand it to the thrower if she is already standing upon this line. This is a good rule to speed up the game and a point where it previously has been full of delays, and you should begin counting the ten seconds aloud, only continuing silently when the thrower begins her aim or throwing motion. This ruling has been in force in men's rules for some time, but many officials do not begin counting at the instant when the ball is placed upon the line, as the rules require, but wait until the thrower has come to the line. Such delay is really the fault of the official, and captains must be instructed to have their free thrower selected before the penalty is awarded, since if more than ten seconds are taken to decide, there will be no throw to try.

The ball is in play after a missed free throw, so your position under the goal will allow you to watch the scrimmage and you can readily tell when the ball or player goes out of bounds. Your position here, facing the players, will tend to make them observe the free throw lane and prevent crowding. If the goal is made and no line violations have occurred, you should catch

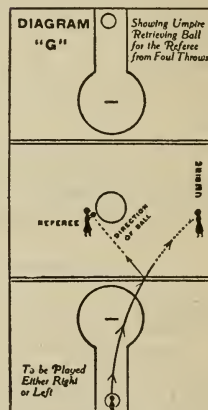
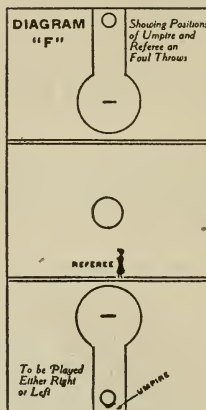
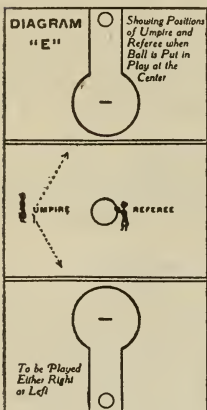
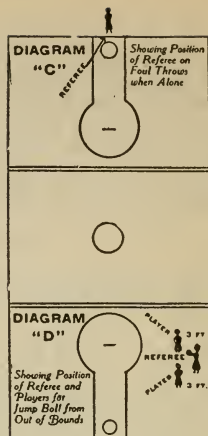
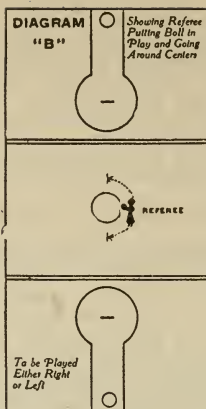
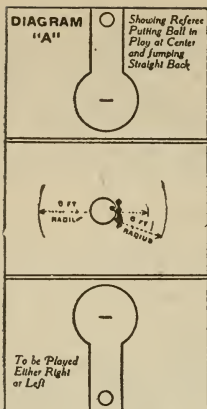


Diagram "A" shows the limit of distance the Referee should move in the first few seconds after tossing ball. Diagram "B" represents a Referee who dodges the players by stepping behind the weaker of two jumpers. Diagram "C" shows Referee out of bounds. Diagram "D" emphasizes that Referee should be nearer the wall than are the jumpers. Diagram "E" shows Umpire covering opposite side from Referee. Diagram "F." Here the Umpire assists the Referee by standing out of bounds. Diagram "G." This carry of the ball by the Umpire results when a foul goal is thrown.

the ball as it drops from the basket and hasten to the center for the next toss, passing close by the scorer and announcing the score to the spectators. At the end of the half it is often wise to hold a short conference with the captains, asking their criticism and offering to explain any interpretation which may have been made. Do not get chummy with any players at this time, as the other team might think of favoritism.

Finally, the referee should not consider herself a policeman, a coach, nor a spectator. The referee's sole duties are to interpret the rules and carry on the game without delay.

### DUTIES OF THE UMPIRE.

The common practice of alternating the duties of the referee and umpire, at the end of the first half in women's basket ball, has no place in the rules of the game, but is done as a matter of courtesy. This has given rise to the impression in the minds of many good players that the umpire is a supernumerary official who merely acts as a check for poor refereeing. Really, the two officials are necessary, and their duties are distinct. They should work together to make a fast, clean game, enjoyable to players and spectators. The umpire can call all fouls, but should especially watch the players away from the ball, since the referee has particular charge of the action about the ball. You cannot consider yourself a competent umpire if you stand or sit on one side and occasionally call a double foul when the referee has designated but one offender. You should assist the referee on out of bounds decisions, not by blowing a whistle and announcing the side, but by quietly indicating to the referee the player who is entitled to the ball when the referee would otherwise toss it up. Your whistle should be held between the lips and you should take a position facing the referee at the start of the game, as in Diagram "E." When the referee starts toward one end following the ball, you should travel the other way and at all times command a view of the court remote from the referee. At each toss you again assume a position on the opposite side from the referee. Although you will not cover so much ground as the referee, by constant shifting you will enable the referee to follow the ball more closely.

Diagram "F" shows the best positions for referee and umpire during free throws. The umpire will be located under the goal, as the referee was when officiating alone. The referee should stand upon the neutral line behind the thrower and observe the throw. When the goal is made, the umpire secures the ball and, as illustrated in Diagram "G," runs with it toward the center and makes a short pass to the referee, who is already in position for another toss. When this team work is promptly done, the officials are invariably ready and waiting for the players, instead of waiting for some spectator to throw the ball to center.

The umpire can often retrieve balls from out of bounds quicker than the player who is entitled to it, and this always should be done to speed up the game. There is little danger of over-speeding the game, now that four quarters with three regular rest periods are used.

When both officials call fouls upon one player, the penalty for the graver offense should be the one enforced. A "line violation" could never take precedence over "delay of the game," but a "personal contact" foul always would be more important than one for "making progress with the ball."

Every coach should try to select two or more persons who are interested in the game, although not regular players, for training as officials. The best officials are not always star players. A coach should rarely, if ever, referee a match game of her own team. The suspicion of partiality cannot be eliminated, although the coach may be competent in knowledge of rules, physically fit, prompt in making accurate decisions at the cost of popularity, and possesses the ideals of a perfect sportsman. It is a worthy work to teach a team to "win if they can fairly, but lose gracefully if they must."

The development of a good official needs the experience of several seasons, and the average official may not fully meet the ideals set forth in this article; but every point understood will improve the conduct of our national indoor game.

## The Beneficial Results and the Dangers of Basket Ball

By DR. J. ANNA NORRIS.

The most popular indoor game in a girls' gymnasium is basket ball. Its vigorous competitive spirit, its opportunities for individual brilliant play coupled with its necessity for controlled team work, its rapidity, its joyousness and its resultant feeling of well-being, all contribute to this situation.

Physiologically it has the advantage of securing widespread hygienic results without a disproportionate demand on the heart. This is accomplished because it requires the activity of large groups of muscles for a moderate length of time without requiring maximum effort of any one of them.

Its first noticeable physiological result is the quickening and intensifying of the heart action and of the breathing. This indicates that the heart and lungs are being called on to hasten the withdrawal from the blood of the large amount of carbon dioxide which is being thrown into it by work of the muscles. A condition of breathlessness after exercise shows that the heart is having difficulty in keeping up its end of the work, and if not relieved by respite it may prove unequal to the task. In this case a condition of "strain" may ensue. In the untrained person this sign of heart embarrassment may occur very promptly during strenuous exercise.

It should go without saying that a medical examination should be a prerequisite for anyone who wishes to enter a basket ball class or squad, in order to make sure that no organic weakness exists which would be aggravated by such vigorous exertion. But in addition to this, if the girl is untrained physically, the instructor should be keen to observe conditions of breathlessness as stated above, because of its being an indication of heart embarrassment. Without doubt, untrained hearts which are sound will increase in strength and in quickness of reaction to exercise, if only they may be allowed time for growing stronger. This may be accomplished in basket ball by playing for very short periods of time; e. g., by playing quarters instead of halves, or by sending the breathless ones out to rest for a few minutes, and by keeping the total time of practice strictly within hygienic limits.

The observation for this latter purpose should not be confined to the gymnasium floor, but should include a report as to whether the girl is more tired later in the day, or too tired to study in the evening, when she should be better fitted for clear thought as a result of her vigorous exercise. It is not enough to secure a statement as to whether she feels tired at the end of the practice, for her exhilaration of feeling may blind her to fatigue. Report from her home that she is over-tired on the evenings after she has played basket ball should result in shortening her periods of playing, and may occasionally make it necessary for her to give it up and substitute some milder form of exercise.

The restrictions imposed by the official rule which divides the field into three courts has done so much to eliminate heart strain, that many a girl can play the game safely now and will grow stronger by it, who, under the old rules, would not have been permitted to play at all.

Another important hygienic result of basket ball comes from the use of the big muscles of the trunk in bending and twisting and the upward movement of the arms in throwing the ball. The permanent uplift of the ribs and the broadening of the subcostal angle afford added room for the vital organs, while the strengthening of muscles of abdomen and loins gives support to the organs. The strengthening of the back muscles goes far toward banishing backache and tired feelings.

All the good results of stimulating the lymph flow, which come from deep breathing and muscular contraction and joint action, are gained par excellence through basket ball. Irritations, nervousness, tenseness, headaches, tired feelings and other results of indoor lives accompanied by mental and emotional stress, may be sent a-glimmering by a properly conducted game if the individual has the organic strength for it.



It always must be remembered that the fascination of the game is so great, and the sense of responsibility to the team in a match game is so strong, that there is temptation to play at the time of menstruation.\* Strict rules should be made, and if possible the public sentiment of the school should be so strongly developed in favor of living by them that the captains of the teams may be entrusted with enforcing them. One of the good reasons for employing women to teach basket ball is that they can talk with the players regarding this matter with entire frankness.

The nervous strength of a girl should be considered with great care when choosing players for a class team. The strain of a championship interclass game is so much greater than that of ordinary playing, that a girl who is lacking in nervous poise may go to pieces under it. The loss of confidence following such a breakdown of morale is a real detriment to any girl and she should not be subjected to it. On the other hand, if she realizes that calm mental poise is going to count heavily in her chances for making a team, she may put herself under a stricter discipline than if no prize were in view, and the educational effect will be most helpful.

When one comes to speaking more in detail of the educational results of basket ball, there are many benefits to be found accruing from it; in fact, it is educationally one of the most important games that exist for adolescent girls. It makes a call that is as insistent as in any of the less highly organized games, for alertness, accuracy, observation of rules, training of the eye and of general co-ordination, and in addition it can teach invaluable lessons in the socially important virtues of good sportsmanship, loyalty and team play. That it does not always do so is a reflection on the spirit of the instructor, not on the game.

It is quite possible for it to foster a spirit of boisterousness and mannishness, and this is especially likely to crop out if match games with other institutions are played, or if newspapers over-emphasize the event, or if games are played before audiences that treat them as spectacles. In such cases, not only is self-display likely to creep in, but the rivalry may become a bitter antagonism, so that good comradeship between opposing teams may be absent, and the lessons are lost that might have been learned by accepting either victory or defeat with dignity. The danger of the development of the wrong attitude is one of the strong reasons brought forward against permitting interscholastic games.

But if the game is strictly and amiably and helpfully refereed, and if it has been taught in the spirit of good sportsmanship, it has splendid lessons to enforce. The quick action in emergency, the cool thought in trying circumstances, the keeping of temper when losing or when accidentally jostled, the perseverance when the odds are against one, the forgetfulness of self in the attempt to perfect team play—all these educational experiences must tend in the direction of improving the girl's attitude toward her fellow workers in later life and toward making her a better co-operating member of society. Much as we esteem the game for its value in helping to build up vigor and endurance, we consider that its function in disciplining the vigorous young people who can play it gives it a prime claim to the popularity in which it is held by the teachers as well as by the taught.

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\*It is accepted by most authorities that there should be no basket ball during at least three days at this time.



## Women's versus Men's Basket Ball Rules

BY HAZEL H. PRATT,

Director of Athletics for Women, University of Kansas.

At the present time the value of athletics for women as a means of health, recreation and education is gradually being recognized by educators and is being given a place in our school curriculum. One big factor in the retardation of the development of athletics has been the lack of a standard. Whenever women have taken part in the same athletic games as men they have been compared with them; and as they are not world record-breakers, they suffer by comparison.

Basket ball is the most popular athletic game for women, yet she cannot play according to the men's interpretation of the game and receive the most benefit. There are certain fundamental sex differences which cannot be disregarded.

First, there is a distinct anatomical difference. The women's figure is less mechanically adapted to sports than men. They have a relatively longer trunk, shorter legs, heavier thighs, broader and deeper hips, and the center of gravity lower in the body. They are not built for Marathon runners nor record-breaker high jumpers. Their shoulders are narrower, more sloping, the bones lighter and the lung capacity smaller. They have more adipose tissue and are more liable to serious bruises. They are less muscular, so must resort to skill rather than to brute strength. However, during the past forty years, increased exercise and outdoor life to which women have been admitted have added to their weight, height, lung capacity and physical vigor. Nevertheless, making allowance for their lack of practice and play traditions, they cannot compete in athletic games with men.

Second, a physiological difference. There are rhythmic periods of physical disability when women should have little or no part in athletics. This has a tendency to eliminate highly specialized players as we find them in men's teams. If athletic games have a health value, then we must not have over-development nor over-strain. Physicians claim that basket ball has more direct effect upon the development of the heart than any other athletic contest, with the exception of distance running. In preparing to meet the exigencies of life it is normal development that is to be striven for.

Third, a psychological difference. This difference seems to be largely due to the differences in the training of the sexes from infancy to adult years. Through custom, prejudice and tradition the combative instinct in women has not been developed as in men. They are not given the same toys as boys, which have their psychological influence on their mental activity. However, social and industrial systems are demanding that the sterner virtues in women be developed as well as in the men.

Athletic games will increase social and industrial efficiency when adjusted to the fundamental sex differences, yet this adjustment will not detract from the health, recreational and educational values. Unquestionably the essential difference between the men's and women's game of basket ball is that the women's game is a non-interference one; that is, two hands being necessary to secure the ball, which prevents snatching and batting it from the hands of another player, and close guarding, which helps to eliminate roughness, falling down and close personal contact. Owing to the fact that their muscles are longer and less hard, without great danger of injury, they cannot stand the strain of an interference game in which physical strength is of as much value as skill.

To illustrate the difference in ruling in the two types of games: In the non-interference game the guarding may be done only with the arms in the vertical position. Furthermore, a "held" or "tie" ball is declared when two opposing players of opposing teams catch the ball with both hands on the ball. In the interference game a "held" ball is declared when two opposing players of opposing sides have one or both hands on the ball, or when one

closely guarded player is unable to throw it. Other important differences in regulations are:

1. Number of players. A team may consist of from five to nine players. Six is the usual number. Less strain on the center if there is a second center.

2. Playing time lessened. Fifteen-minute halves instead of twenty.

3. The division of the field into three or two parts. The introduction of lines lessens the danger of injury due to physical exhaustion and over-strain. Since women have not had a history of athletic training, it is necessary to minimize the amount of running. The two lines have been introduced at a great educational cost, yet without doubt it is better to sacrifice that phase, if necessary, than health. With adequate training and supervision, the one line game can be developed better to meet the educational, and will meet the health needs of more mature women.

These are the chief differences between the men's and the women's basket ball rules. When athletic games are taught and played with equal emphasis placed on their health, recreational and educational values, then, and then only, are we making progress.

## Basket Ball in the University and College

BY MISS HELEN FROST, TEACHERS' COLLEGE, COLUMBIA UNIVERSITY.

The phrase "basket ball in the college" brings to mind the setting of the game and the related problems of administration, applied hygiene, recreation for large groups, student organization and coaching, competitive games, *et cetera*. In considering the game itself, one turns naturally to those points which may differentiate college basket ball from the game as played by younger girls.

The rules of basket ball are the same for high school and college and there should be no difference in their interpretation and spirit, but the individual and team play of the college group may be developed to such an extent that basket ball as played by them deserves to be called a senior game. The high school team can play excellent basket ball and often outplays the college team because the younger girls are quicker, more agile than their older sisters. The younger girl, however, is apt to play impulsively, to take chances and to rely upon her speed and agility for success in a *limited* style of play. Granting that the college game is often somewhat slower than that played by girls of high school age, it must be more accurate and contain well thought out plays to win for itself a higher place and be considered an advanced type of game.

The college girl should endeavor to perfect a number of passes and shots; she should not attempt many new movements at one time, but gradually extend her play that it may be adequate to the changing situations of the game. The instructor or coach can help the player to a better understanding of how to handle herself and the ball through a study of the mechanics of play; *i. e.*, those principles and movements underlying advantageous throwing, catching, guarding, dodging, pivoting, dribbling, juggling and shooting. Variety of play enables a girl to outwit an opponent who is quicker of movement.

One hears so much about the "natural basket ball player." She is usually a girl who has played a long time or one who handles herself easily and without waste motion. Because of her experience in the game or her ease and grace of movement, she is confident in herself and does not restrict her play; she works out her pivot, dodge, dribble and juggle until she can use them with safety. She is able to choose the best pass for a definite situation, and because of the variety of her play her opponent finds it difficult to follow or guard her. Feinting, evading a guard successfully, passing cleanly and with purpose, demand rapid thinking and good judgment, qualities which the college girl can give to the game and by which her individual play may be strengthened and made effective.

Because of the mental qualities she brings to basket ball, a high grade of team play can be developed. She will appreciate studying team work to the extent of mapping out her territory, whether it be center, forward or guard, and knowing for each situation in the game her logical position in support of her team mates and in relation to her opponents. The players should study offensive team play; *i. e.*, definite combinations of positions to be played and passes to be made by which the ball progresses toward the goal. It is not enough for the team in possession of the ball to "get free"; each member of the team must anticipate the need for her and be in an advantageous position to further the progress of the ball. Such combinations need not be complicated and they will be limited in number and difficulty by the ability of the individuals making up the team. Signals may be used, but their practice should be encouraged only so far as they improve the quality of the game and do not tend to make it static. The college group is interested in working out its own plays; the mental side of the game has its appeal.

## How to Coach Beginners

By MISS ELIZABETH RICHARDS, SMITH COLLEGE, NORTHAMPTON, MASS.

Basket ball, properly played, requires mental alertness and physical skill. It requires the mental ability to see the most effective way of meeting a situation, and the physical ability to carry out the idea, once grasped. The basket ball coach should, therefore, from the very beginning, aim to train the players along these very lines of mental alertness and physical ability. Such training can be most effectively gained by combining preliminary practice in throwing, catching, dodging and the like, with the regular playing.

The first requirement is, of course, a swift ball, properly thrown and accurately aimed. This means, especially for girls and women, much coaching and tireless practicing. At the beginning, at least one-quarter of the period should be given over to plain "ball throwing." This may be done in several ways, such as:

1—Standing in a circle, with the coach in the center. The coach can then throw different types of balls, overhand, underhand, side, high, etc., and ask that the ball be returned in the same manner as thrown. This gives the players practice in both catching and throwing. The circle may be made larger or smaller, as desired, to gain different throwing distances.

2—Still in the circle formation, with coach in center, the players advance, running around the circle. This gives the players practice in catching the ball while running. The players should be taught to always jump to reach the ball and to land firmly on two feet—remaining there for a second while throwing the ball. Much "running with the ball" will be prevented if players can once gain this habit of jumping and landing on both feet.

3—Passing the ball in games arranged in line formation—teacher ball, line relay, etc.

The point next taken up should be the passing of the ball between players, with some opposition. This is gained most effectively in some institutions by what is termed "end practice," and is given as follows:

The teams are lined up against each other, and a coach is appointed for each of the three field sections. These coaches need not all be professional coaches. Upper class students, captains, etc., may be very helpful. The coach stands on the field line facing her section, ball in hand, and calls for a certain player to receive the ball. This player must then by quick dodging get in front of the opponent and catch the ball from the coach. Dropping back is a poor play and should be discouraged. Getting in front of one's opponent means quicker passes and cleaner playing.

At first in end practice the player should pass the ball directly back to the coach. Later the player should receive the ball from the coach and pass it on to another player, thus working it to the goal or field line. As soon as a team is ready for definite passes, they should be practiced in the time given to end practice. This end practice cannot be overestimated. It teaches quickness of response, catching, throwing, dodging and team play. It enables the coach to work with only a few players and hence allows almost individual instruction. It will teach the players the value of working together, staying in their respective positions, and not massing in a helter-skelter mob over the ball.

Another excellent way of obtaining team play is by what is known as "skeleton practice." This is done by having one team up at a time, and, by a series of passes, working the ball down the field. If the games are to be interclass, each class should have two or three passes, unknown to the other classes; if interschool, each school may work up its own passes.

In this skeleton practice the team is lined up, without opposition, and the ball is started at different points, the whole team acting to work it through. The following pass may serve as an example: The ball is started











(1) Civilian Employees' "Post Girls" Team and (2) "Nurses" Team, Plattsburg, N.Y. (3) Honolulu (Hawaii) Y.W.C.A. Team.  
 (4) University of Kansas Junior Class. (5) Ashland (Wis.) High School. (6) Southwestern College, Winfield, Kans.



(1) John H. Sneed Seminary. Boaz, Ala. First Team, and (2) First Khaki Team. (3) Kingston (N.Y.) High School.  
 (4) Kimball County High School, Kimball, Neb. (5) Byars-Hall High School, Covington, Tenn.



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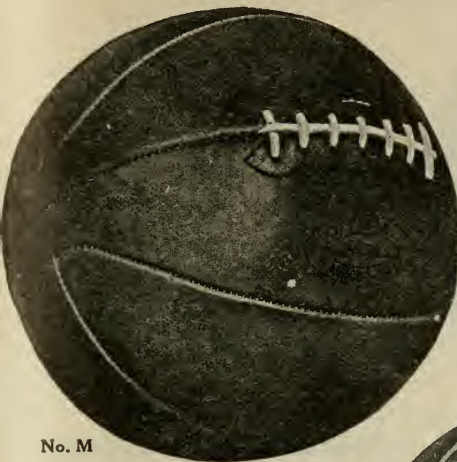
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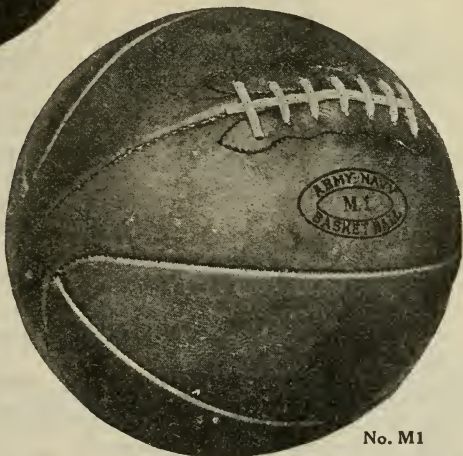
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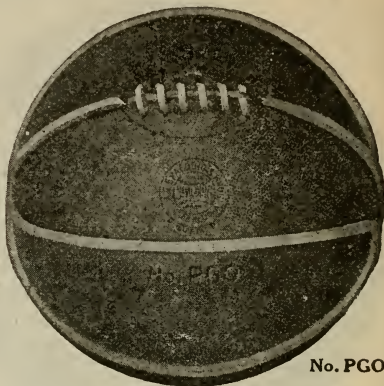
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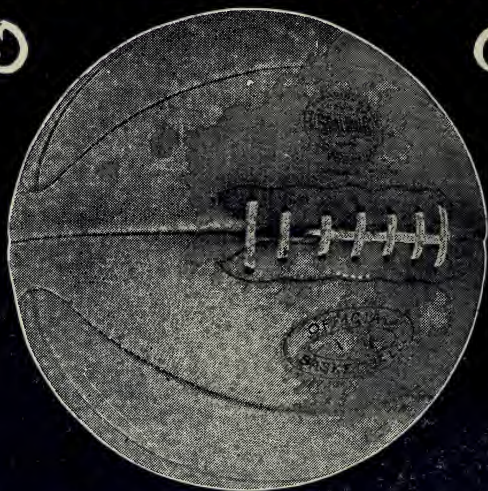


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